

Summer in Tasmania

EAT FRESH,
EAT LOCAL



YOUR SEASONAL PRODUCE GUIDE FOR DECEMBER, JANUARY & FEBRUARY



Fruits

Apples (*vista bella, akane*)
Apricots
Avocados
Blackberries
Blackcurrants
Blueberries
Boysenberries
Bramble Berries
Cherries
Feijoa
Gooseberries
Greengages
Lemons
Limes
Melons (*rockmelon, watermelon*)
Nectarines
Peaches
Pears (*williams*)
Plums
Quinces
Raspberries
Strawberries
Tayberries

Vegetables

Asian Greens & Vegetables (*buk choy, chinese broccoli, chinese cabbage, choy sum, dwarf buk choy, mustard greens, tatsoi, tong ho*)
Asparagus
Beans
Beans (*broad, bush, green, shoots*)
Beetroots
Black Winter Truffle
Broccoli
Brussel Sprouts
Cabbages (*green, red, savoy*)
Capsicums
Carrots (*bunched, chantenay*)
Cauliflowers
Celery
Chard (*swiss, rainbow*)
Chillies
Chives
Corn (*fresh, baby, sweet*)
Cucumbers
Edible Flowers

Eggplants
Fennel
Garlic
Garlic Chives
Green Peas
Kales (*baby, curly, flat, purple*)
Leeks
Lettuces (*head, salad mix, mizuna*)
Micro Greens Mix
Mushrooms (*lions mane, oyster, pink oyster, shimeji, shitake, wood ear*)
Onions (*red, brown*)
Parsnips
Peas (*bush, green, tendrils, sugar snap*)
Potatoes (*bismark, dutch cream, king edwards, mozart, nicola, pink eye, purple congo, russet, Tas gourmet, Tas cream delight, Tas moon light*)
Pumpkins (*golden nuggets*)
Radishes

Rhubarb
Ricoto Chillies
Rocket
Shallots
Silverbeets
Snow peas
Spinach (*baby*)
Spring/Summer Micro Greens
Sprouts (*alfalfa, fenugreek, lentil, sunflower, wheatgrass*)
Squash
Swedes
Tomatillos
Tomatoes (*cherry, heirloom, heritage, large, medium, roma, truss, snacking*)
Turnips
Wasabi
Wombok
Zucchini
Turnips
Wasabi

Herbs

Basil
Basil Mint
Calendula
Coriander
Dill
French Tarragon
Galangal

Italian Parsley
Kaffir Lime
Kunzea
Lemon Grass
Lemon Thyme
Mint
Nasturtium

Native Pepper Leaf
Oregano
Parsley
Rosemary
Sage
Thyme



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