



















































# CERTIFIED ORGANIC FRUIT GUIDE

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

FRUIT	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Organic Apples - Royal Gala												
Organic Apples - Jonathan												
Organic Apples - Golden Delicious												
Organic Apples - Red Delicious												
Organic Apples - Granny Smith												
Organic Apples - Fuji												
Organic Apples - Braeburn												
Organic Apples - Pink Lady												
Organic Apples - Sundowner												
Organic Apples - Lady William												
Organic Apricots												
Organic Avocados												
Organic Bananas												
Organic Blackberries												
Organic Blueberries												
Organic Cantaloupes/Rockmelons												
Organic Cherries												
Organic Chestnuts												
Organic Custard Apples												
Organic Figs												
Organic Grapefruit												
Organic Grapes - Flame Seedless												
Organic Grapes - Menindee Seedless												
Organic Grapes - Red Globe												
Organic Grapes - Thomson Seedless												
Organic Grapes - Black (eg. Muscatel)												
Organic Honeydew Melons												
Organic Kiwifruit												
Organic Lemons												
Organic Limes												
Organic Lychees												
Organic Mandarins - Honey Murcott												
Organic Mandarins - Imperial												
Organic Mangoes												
Organic Nashi Pears												
Organic Nectarines												
Organic Oranges - Navel												
Organic Oranges - Valencia												
Organic Passionfruit												
Organic Papaws												
Organic Peaches - White												
Organic Peaches - Yellow												
Organic Pears - Beurre Bosc												
Organic Pears - Corella												
Organic Pears - Packham												
Organic Pears - Williams/Bartlett												
Organic Pineapples												
Organic Plums												
Organic Quinces												
Organic Raspberries												
Organic Strawberries												
Organic Tamarillos/Tree Tomatoes												
Organic Walnuts fresh												
Organic Watermelons												

# CERTIFIED ORGANIC VEGETABLE GUIDE

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

VEGETABLES	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
 Organic Artichokes - Globe/Jerusalem												
 Organic Asparagus												
 Organic Beans - Broad												
 Organic Beans - Green												
 Organic Beanshoots												
 Organic Beetroot/Baby Beetroot												
 Organic Bok Choy Shanghai Cabbage												
 Organic Broccoli												
 Organic Brussels Sprouts												
 Organic Cabbages												
 Organic Cabbages - Chinese												
 Organic Cabbages - Red												
 Organic Capsicums												
 Organic Carrots												
 Organic Carrots Dutch (Bunch)												
 Organic Cauliflowers												
 Organic Chillies												
 Organic Celery												
 Organic Cucumbers												
 Organic Eggplants/Aubergines												
 Organic Endive												
 Organic Fennel/Baby Fennel												
 Organic Garlic												
 Organic Herbs - Basil, Chives, Coriander, Dill, Mint, Sage, Oregano, Rosemary, Thyme												
 Organic Leeks												
 Organic Lettuces/Salad Mix												
 Organic Mushrooms Cultivated/Wild												
 Organic Onions - Brown, Red, White												
 Organic Onions - White Salad												
 Organic Onions Spring (Bunch)												
 Organic Parsley												
 Organic Parsnips												
 Organic Peas												
 Organic Potatoes - White/Desiree												
 Organic Pumpkins - Butternut, Kent, Jap												
 Organic Radishes												
 Organic Rhubarb												
 Organic Shallots												
 Organic Silverbeet												
 Organic Snowpeas												
 Organic Spinach												
 Organic Squash												
 Organic Swedes												
 Organic Sweetcorn												
 Organic Tomatoes												
 Organic Tomatoes Cherry												
 Organic Turnips												
 Organic Watercress												
 Organic Witlof												
 Organic Zucchini/Courgettes												