

SEASONAL CALENDAR

Vegetables, Salad and Herbs

	Spring	Summer	Autumn	Winter
Artichokes				Dark Red
Avocado	Light Green		Dark Green	Dark Red
Asparagus	Light Green			
Asian Vegetables	Light Green	Yellow	Dark Green	Dark Red
Basil		Yellow		
Beans		Yellow	Dark Green	
Beetroot	Light Green	Yellow	Dark Green	
Broad Beans	Light Green			
Broccoli			Dark Green	Dark Red
Brussel Sprouts	Light Green		Dark Green	Dark Red
Carrots	Light Green	Yellow	Dark Green	Dark Red
Capsicum	Light Green	Yellow		
Cabbages		Yellow		Dark Red
Cauliflower	Light Green		Dark Green	Dark Red
Celery	Light Green	Yellow	Dark Green	
Chilli	Light Green	Yellow	Dark Green	
Corn	Light Green	Yellow		
Cucumber	Light Green	Yellow		Dark Red
Eggplant	Light Green	Yellow	Dark Green	
Fennel			Dark Green	Dark Red
Garlic	Light Green	Yellow		
Leeks		Yellow	Dark Green	
Lettuce	Light Green	Yellow	Dark Green	Dark Red
Mushrooms		Yellow	Dark Green	
Nuts				
Olives				Dark Red
Onions	Light Green	Yellow	Dark Green	
Peas		Yellow	Dark Green	
Parsnips	Light Green		Dark Green	Dark Red
Potatoes	Light Green	Yellow	Dark Green	Dark Red
Pumpkin	Light Green	Yellow		
Radish	Light Green	Yellow		
Rocket	Light Green	Yellow	Dark Green	Dark Red
Silverbeet	Light Green	Yellow	Dark Green	Dark Red
Spinach	Light Green	Yellow	Dark Green	Dark Red
Spring Onions		Yellow		
Squash		Yellow	Dark Green	
Sweet Corn	Light Green	Yellow		
Sweet Potatoes	Light Green	Yellow	Dark Green	Dark Red
Tomatoes		Yellow	Dark Green	
Turnips	Light Green		Dark Green	Dark Red
Zucchini	Light Green	Yellow		