



STEVE'S EASY SQUEEZE

January - mid summer - fruit

apricot, banana, berries - blackberry - blueberry - boysenberry - raspberry - strawberry, cherry - morello (sour), currants - red currant - black currant, lemons, lychee, mango, mangosteen, melons - honeydew - rockmelon - watermelon, nectarine, passionfruit, peach, pineapple - smooth leaf, plum, prickly pear, rambutan, starfruit.

January - mid summer - vegetables

asparagus, avocado - reed, beans - butter - green, capsicum, celery, cucumber, eggplant, lettuce, okra, onions - salad - spring, peas - green - snow - sugar snap, radish, squash, sweetcorn, tomato, zucchini, zucchini flowers.

February - late summer - fruit

apple, banana, berries - blackberry - blueberry - boysenberry - raspberry - strawberry, fig, grapes - muscat – sultana, guava, kiwifruit, lemon, lychee, mango, mangosteen, melons - honeydew - rockmelon - watermelon, nectarine, orange - valencia, passionfruit, peach, pears, plums, prickly pear, rambutan, rhubarb, starfruit, tamarillo.

February - late summer - vegetables

avocado - reed, beans - borlotti - butter - green - snake, capsicum, celery, chilli, choko, cucumber, eggplant, leek, lettuce, okra, onions - brown - salad - spring, peas - green - snow - sugar snap, radish, squash, sweetcorn, tomato, zucchini, zucchini flowers.

March - early autumn - fruit

apples - gala - jonagold - jonathan - mutso, banana, berries - raspberry - strawberry, feijoa, figs, grapes - cardinal - currant – Muscat - sultana, guava, kiwifruit, lemon, limes, mango, mangosteen, melons - honeydew - rockmelon, nashi, nectarine, nuts - almond - chestnut - hazelnut - pistachio - walnut, orange - valencia, papaya, passionfruit, peach, pears, persimmon, plums, pomegranate, rambutan, rhubarb, tamarillo.

March - early autumn - vegetables

asian greens - bok choy - choy sum - gai laan, avocados - shepard, beans - borlotti - butter - green - snake, capsicum, celery, chilli, cucumber, daikon, eggplant, leek, lettuce, okra, olive, onions - brown - red - spring, peas, potato, pumpkin, shallot, silverbeet, spinach, squash, sweetcorn, sweet potato, tomato, zucchini.

April - mid autumn - fruit

apples - gala - jonagold - jonathan - red delicious, banana, cumquat, custard apple, feijoa, figs, grapes - muscat – sultana, guava, kiwifruit, lemons, limes, mandarin - imperial, nashi, nuts - almond - chestnut - hazelnut - peanut - pistachio - walnut, orange - valencia, papaya, passionfruit, pears, persimmon, plums, pomegranate, quince, rhubarb.

April - mid autumn - vegetables

asian greens - bok choy - choy sum, avocado - fuerte, beans - green, beetroot, broccoli, brussels sprout, cabbage, capsicum, carrots, celery, chilli, cucumber, daikon, eggplant, fennel, garlic, ginger, leek, lettuce, mushrooms - wild - field - pine - slippery jacks, okra, olives, onions - brown - spring, parsnip, peas, potato, pumpkin, shallot, silverbeet, spinach, squash, sweet potato, swede, tomato, turnip, zucchini.



STEVE'S EASY SQUEEZE

May - late autumn - fruit

apples - bonza - braeburn - cox's orange pippins - fuji - gala - golden delicious - granny smith - jonagold - jonathan - mutso - pink lady - red delicious - snow - sundowner, banana, cumquat, custard apple, feijoa, grapes, kiwifruit, lemons, limes, mandarin - imperial, melon - champagne, nuts - chestnut - hazelnut - peanut - walnut, pears, persimmon, quince, rhubarb.

May - late autumn - vegetables

asian greens - bok choy, - choy sum, avocados - fuerte - sharwill, beetroot, broccoli, brussels sprout, cabbage, carrots, cauliflower, celeriac, celery, daikon, eggplant, fennel, garlic, ginger, horseradish, leeks, lettuce, mushrooms - wild - field - pine - slippery jacks, okra, olives, onions - brown - spring, parsnip, peas, potato, pumpkin, shallots, silverbeet, spinach, squash, swede, sweet potato, taro, tomato, turnip, zucchini.

June - early winter - fruit

apples - bonza - braeburn - fuji - gala - golden delicious - granny smith - jonagold - jonathan - lady williams - pink lady - red delicious, custard apple, grapefruit, kiwifruit, lemons, limes, mandarin - ellendale, melons - nashi, nuts - chestnut - hazelnut - walnut, oranges - navel, pears, persimmon, pomelo, quince, rhubarb.

June - early winter- vegetables

asian greens - bok choy - choy sum - gai laan - wonga bok, avocados - fuerte - sharwill, beetroot, broccoli, brussels sprout, cabbage, carrots, cauliflower, celeriac, celery, fennel, garlic, ginger, horseradish, jerusalem artichokes, kale, kohlrabi, leeks, okra, olives, onions, parsnip, peas, potato, pumpkin, shallot, silverbeet, spinach, swede, sweet potato, turnip, witlof.

July - mid winter - fruit

apples -bonza - braeburn - fuji - golden delicious - lady williams - pink lady - red delicious - snow - sundowner, cumquat, custard apple, grapefruit, lemons, limes, mandarin - ellendale - imperial, melons - champagne, nashi, oranges - navel, papaya, pineapple, pomelo, rhubarb, tangelo.

July - mid winter- vegetables

asian greens - bok choy -choy sum, avocados - fuerte - hass - sharwill, beetroot, broccoli, brussels sprout, cabbage, carrot, cauliflower, celeriac, celery, fennel, garlic, ginger, horseradish, jerusalem artichoke, kale, kohlrabi, leeks, okra, olives, onions, parsnip, potato, pumpkin, shallot, silverbeet, spinach, swede, sweet potato, turnip, witlof.

August - late winter - fruit

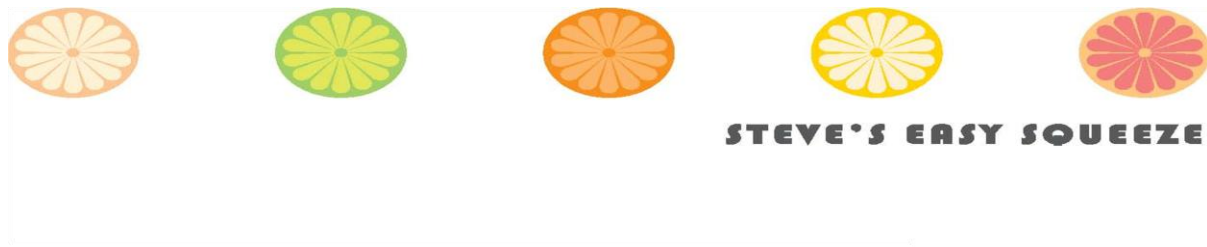
apples - fuji - lady williams - sundowner, cumquat, custard apple, grapefruit - yellow - pink, lemons, limes, mandarins - ellendale - imperial - murcot, nashi, oranges - blood - navel, pawpaw, pineapple - smooth leaf, pomelo, rhubarb, tangelo.

August - late winter- vegetables

asian greens - bok choy - choy sum, avocados - fuerte - hass - sharwill, beetroot, broccoli, brussels sprout, cabbage, carrots, cauliflower, celeriac, celery, fennel, garlic, ginger, horseradish, jerusalem artichoke, kohlrabi, leeks, okra, olives, onions, parsnip, potato, pumpkin, shallot, silverbeet, spinach, swede, sweet potato, turnip, witlof.

September - Early spring - fruit

apple - lady williams, cumquat, grapefruit, lemon, mandarins -ellendale - murcot, oranges - blood - seville, papaya, pawpaw, pineapple - smooth leaf, tangelo.



September - Early spring - vegetables

artichoke, asian greens - bok choy - choy sum, asparagus - green - purple, avocados - fuerte - hass - sharwill, beans - broad - green, broccoli, cabbage, carrot, cauliflower garlic, ginger, leek, lettuce, mushrooms - morel, onions - salad - spring, peas, potato, pumpkin, silverbeet, spinach.

October - mid spring - fruit

berries - strawberry, cumquat, grapefruit - pink - yellow, lemon, loquat, mango, orange - valencia, papaya, pawpaw, Pineapples - smooth - rough leaf, starfruit.

October - mid spring - vegetables

artichoke, asian greens - bok choy - choy sum, asparagus -green - white - purple, avocados - fuerte - hass - sharwill, beans - broad - green, broccoli, cucumber, garlic, lettuce, onions - salad - spring, peas, silverbeet, spinach, watercress.

November - late spring - fruit

banana, berries - strawberry, cherry, grapefruit, loquat, lychee, mango, melons - honeydew - rockmelon - watermelon, orange - valencia, papaya, pawpaw, pineapples - smooth - rough leaf, starfruit.

November - late spring - vegetables

artichoke, asparagus, avocado - hass, beans, cucumber, lettuce, onions - salad - spring, peas - green - snow - sugar snap, spinach, sweetcorn, tomato, watercress, zucchini flowers.

December - early summer - fruit

apricot, banana, berries - gooseberry - raspberry - strawberry, cherry, currants - black currant - red currant, lemon, lychee, mango, melon - honeydew - rockmelon - watermelon, orange - valencia, passionfruit, pineapples - smooth - rough leaf, rambutan, starfruit.

December - early summer - vegetables

asparagus, avocado - hass, beans - green - snake, capsicum, celery, cucumber, eggplant, lettuce, onion - salad - spring, peas - green - snow - sugar snap, radish, squash, sweetcorn, tomato, watercress, zucchini, zucchini flowers.