SEASONAL AVAILABILITY

This chart is a guide only. Variations will occur in different growing regions and with weather conditions in a particular season.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
ARTICHOKES - Globe	SHORT SUPPLY	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	SHORT SUPPLY	PLENTIFUL	PLENTIFUL	PLENTIFUL
ARTICHOKES - Jerusalem	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE
ASIAN GREENS	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY
ASPARAGUS	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	SHORT SUPPLY	PLENTIFUL	PLENTIFUL	PLENTIFUL
BEANS	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	SHORT SUPPLY	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	SHORT SUPPLY	PLENTIFUL
BEETROOT	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	UNAVAILABLE	UNAVAILABLE
BROCCOLI	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL
BROCCOLINI	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL
BRUSSELS SPROUTS	UNAVAILABLE	SHORT SUPPLY	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE
BUTTERCUP SQUASH	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	PLENTIFUL
BUTTERNUT	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE
CABBAGES	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL
CAPSICUMS	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY
CARROTS	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL
CAULIFLOWER	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL
CELERY	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL
CHILLIES	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY
CHOKOS	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE
COURGETTES	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	PLENTIFUL	PLENTIFUL	PLENTIFUL
CUCUMBERS - short	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	PLENTIFUL	PLENTIFUL	PLENTIFUL
CUCUMBERS - telegraph	PLENTIFUL	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL
EGG PLANT	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY
FENNEL	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE
GARLIC	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL
GINGER	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL
HERBS	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL
KOHLRABI	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE
KUMARA	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL
LEEKS	SHORT SUPPLY	SHORT SUPPLY	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	SHORT SUPPLY	SHORT SUPPLY
LETTUCE	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL
MELONS	PLENTIFUL	PLENTIFUL	PLENTIFUL	SHORT SUPPLY	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE
MUSHROOMS	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL
OKRA	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY
ONIONS	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL
PARSNIPS	SHORT SUPPLY	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL
PEAS	SHORT SUPPLY	SHORT SUPPLY	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	SHORT SUPPLY	SHORT SUPPLY
POTATOES	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL
POTATOES - new season	PLENTIFUL	PLENTIFUL	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	SHORT SUPPLY	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL
PUHA	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY
PUMPKIN	SHORT SUPPLY	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL
RADISHES	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL
ROCKET	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL
RHUBARB	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	SHORT SUPPLY	SHORT SUPPLY
SALAD GREENS	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL
SILVER BEET	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL
SNOW PEAS	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	PLENTIFUL	PLENTIFUL	PLENTIFUL
SPINACH	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL
SPRING ONIONS	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL
SPROUTED BEANS AND SEEDS	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL
SWEDES	SHORT SUPPLY	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	SHORT SUPPLY
SWEETCORN	PLENTIFUL	PLENTIFUL	PLENTIFUL	SHORT SUPPLY	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE
TARO	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY
TOMATOES	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL
TURNIPS	UNAVAILABLE	SHORT SUPPLY	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	SHORT SUPPLY	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE
WATERCRESS	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL
WITLOOF	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	SHORT SUPPLY	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE
YAMS	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	SHORT SUPPLY	PLENTIFUL	PLENTIFUL	PLENTIFUL	PLENTIFUL	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE

UNAVAILABLE
SHORT SUPPLY
PLENTIFUL

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