

SOUTHERN FORESTS FOOD COUNCIL INC.

SOUTHERN FORESTS SEASONAL PRODUCE GUIDE



FRUIT	VARIETY	HARVEST MONTH	END OF SUPPLY
APPLES	Gala	Mid February	Early August
	Royal Gala	Mid February	Late October
	Kanzi	Early March	Late May
	Jazz	Early March	Late July
	Golden Delicious	Mid March	Mid May
	Hi Early	Mid March	Mid May
	Fuji	Early April	Late December
	Granny Smith	Early April	Late January
	Green Star	Early April	Late June
	Pink Lady	Early May	Late February
Sundowner	Early June	Late March	
APRICOTS		Early December	Late January
AVOCADOS	Hass	Early October	Late February
CHERRIES	Ferprime	Late November	Early December
	Earlisweet	Early December	Mid December
	Sweet Early	Early December	Mid December
	Merchant	Mid December	Late December
	Rons Seedlint	Mid December	Late December
	Bing	Mid December	Late December
	Van	Mid December	Late December
	Simone	Late December	Late January
	Lapin	Early January	Mid January
	Sweetheart	Mid January	Late January
FEIJOAS	Duffy	Early April	Late May
FIGS	Black Italian	Late January	Early February
	Black Genoa - 1 st Crop	Late January	Early February
	Preston Prolific - 1 st Crop	Late January	Early February
	Black Genoa - 2 nd Crop	Early April	Late May
	Preston Prolific - 2 nd Crop	Early April	Late May
	Deanna	Early April	Late May
	Cyprian Red	Early April	Late May
JUJUBES		Early April	Late April

Note: Seasonality and weather conditions can affect the availability, volume and supply of produce.



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abn 19 882 662 408 a PO Box 1258, Manjimup WA 6258 t 08 9772 4180 e laura@southernforestsfood.com w southernforestsfood.com

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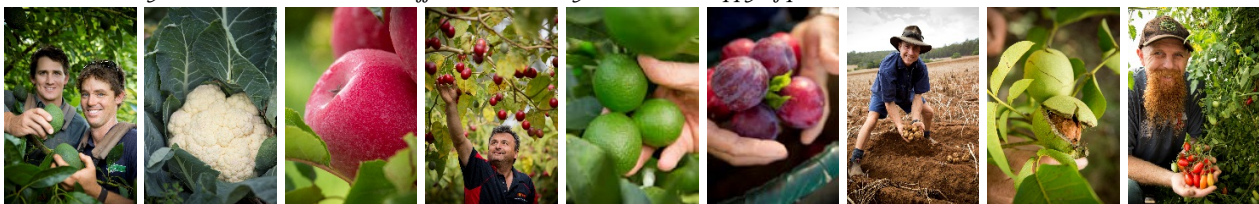
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FRUIT	VARIETY	HARVEST MONTH	END OF SUPPLY
KIWIFRUIT		Late April	Late July
LIMES	Tahitian	Early April	Late May
NECTARINES	Yellow flesh	Early January	Late February
	White flesh	Early January	Late February
PASSIONFRUIT	Sunshine Special	Mid March	Mid April
PEACHES	Golden Queen	Early February	Late March
PEARS	Bartlett	Early February	Late April
	Comice	Early February	Late May
	Corella	Early February	Late June
	Josephine	Early February	Late July
	Goldrush	Early February	Late October
	Packham	Early February	Late October
PERSIMMONS	Non-Astringent	Early April	Mid May
	Astringent	Mid May	Mid July
PLUMS	Sugar Plums	Early January	Late January
	Candy Rose	Early January	Early February
	Purple Majesty	Early January	Early February
	Black Amber	Mid January	Mid February
	Fortune	Mid January	Mid March
	Kelsie (green plum)	Mid February	Early April
	Amber Jewell	Late January	Mid April
	Sierra Sweet Prune	Late January	Mid April
	Midnight Sun	Late January	Mid April
	Tegan Blue	Late February	Mid April
	Angelino	Mid March	Late April
October Sun	Early April	Mid May	
POMEGRANATES		Early April	Late May
RUSTLEBERRIES		Early December	Late December
STRAWBERRIES		Early October	Late June
TAMARILLOS		Early May	Late September
TOMATOES	Cherry	Late November	Late May

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VEGETABLES	VARIETY	HARVEST MONTH	END OF SUPPLY
BEETROOT		All year round	Continuous supply
BROCCOLI		All year round	Continuous supply
CABBAGES	Chinese/Wombok	All year round	Continuous supply
	Green	All year round	Continuous supply
	Red	All year round	Continuous supply
	Savoy	All year round	Continuous supply
CAPSICUMS		Early January	Late April
CAULIFLOWER		All year round	Continuous supply
CUCUMBERS	Lebanese	Early November	Early May
CORN	Sweetcorn	Mid January	Mid April
GARLIC		Early December	Late March
KALE	Green	All year round	Continuous supply
	Tuscan	All year round	Continuous supply
KOHLRABI	Green	All year round	Continuous supply
	Red	All year round	Continuous supply
POTATOES	Delaware	Early January	Late March
	Dutch Cream	Early January	Late March
	Salad Rose	Early January	Late March
	Almera	Early January	Late June
	Kestrel	Early January	Late June
	Kipfler	Early January	Late June
	Lady Chrystal	Early January	Late June
	Laura	Early January	Late June
	Mac Russett	Early January	Late June
	Nadine	Early January	Late June
	Nicola	Early January	Late June
	Red Rascal	Early January	Late June
	Rodeo	Early January	Late June
	Royal Blue	Early January	Late June
Ruby Lou	Early January	Late June	
Virginia Rose	Early January	Late June	

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PUMPKINS	Butternut	Late February	Early October
	Sampson	Late February	Early October
SQUASH	Spaghetti/Vegetable	Mid March	Late July

NUTS	VARIETY	HARVEST MONTH	END OF SUPPLY
CHESTNUTS		Early April	Late June
WALNUTS		Early May	Late September
MACADAMIA NUTS		Mid April	Continuous supply

The Southern Forests is a major food producing region and as such we have not captured all produce lines available from the region. If there are specific produce lines or varieties you are interested in then please contact our produce team on the details below.

Southern Forests Food Pty Ltd

6a Brockman Street / PO Box 1258, Manjimup Western Australia 6258

Telephone +61 (0)8 9772 4180

Website www.southernforestsfood.com

John Kilrain

Produce Coordinator

Mobile +61 (0)417 909 341

Email john@southernforestsfood.com

Anthony East

Produce Liaison Officer

Mobile +61 (0)419 920 938

Email anthony@southernforestsfood.com

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