












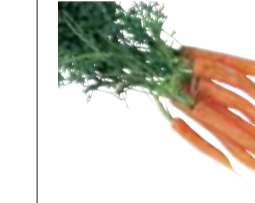









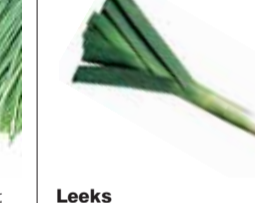










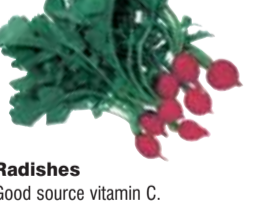





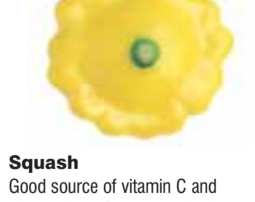


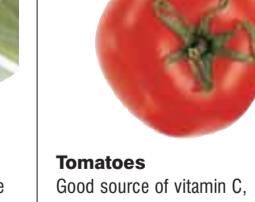
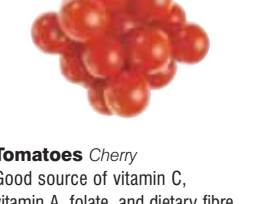

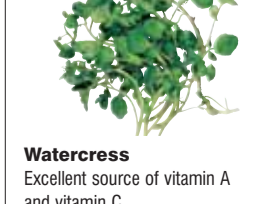






Market Fresh™  
marketfresh.com.au



# Nutritional Values

 <p><b>Artichokes</b> <i>Globe</i> Good source dietary fibre. Some vitamin C, thiamine, folate, calcium, and potassium.</p>	 <p><b>Asparagus</b> Good source of folate. Some vitamin C, vitamin E, thiamine, niacin and dietary fibre.</p>	 <p><b>Beans</b> <i>Broad</i> Good source of vitamin A and vitamin C and dietary fibre. Some protein, iron, potassium and thiamine.</p>	 <p><b>Beans</b> <i>Green</i> Good source folate, vitamin C and dietary fibre.</p>	 <p><b>Beanshoots</b> Good source of dietary fibre and vitamin C.</p>
 <p><b>Beetroot/Baby Beetroot</b> Good source of folate, dietary fibre, potassium. Some vitamin C.</p>	 <p><b>Bok Choy</b> <i>Shanghai Cabbage</i> Excellent source of vitamin A, vitamin C and folate.</p>	 <p><b>Broccoli</b> Excellent source of vitamin A, vitamin C and folate. Some thiamine, riboflavin and niacin and vitamin E.</p>	 <p><b>Brussel Sprouts</b> Excellent source of vitamin C and folate. Some vitamin E, niacin and potassium.</p>	 <p><b>Cabbages</b> Excellent source of vitamin C and dietary fibre. Good source of folate.</p>
 <p><b>Cabbages</b> <i>Chinese/Wom Bok</i> Good source of dietary fibre, folate, vitamin C and vitamin A.</p>	 <p><b>Cabbages</b> <i>Red</i> Excellent source of vitamin C and dietary fibre. Some folate and potassium.</p>	 <p><b>Capsicums</b> Excellent source of vitamin C. Good source vitamin A. Some vitamin E and vitamin B6.</p>	 <p><b>Carrots</b> Excellent source of vitamin A. Good source dietary fibre. Some vitamin C.</p>	 <p><b>Carrots</b> <i>Dutch</i> Excellent source of vitamin A. Good source dietary fibre. Some vitamin C.</p>
 <p><b>Cauliflowers</b> Excellent source of vitamin C. Good source dietary fibre. Some folate and potassium.</p>	 <p><b>Chillies</b> Excellent source of vitamin C and vitamin A.</p>	 <p><b>Celery</b> Some dietary fibre, small quantities of vitamins. Low kilojoules.</p>	 <p><b>Cucumbers</b> <i>Green</i> <i>Continental, Lebanese</i> Some vitamin C. Low kilojoules.</p>	 <p><b>Eggplants/Aubergines</b> Good source dietary fibre, small quantities of vitamins.</p>
 <p><b>Endive</b> Good source of vitamin C, folate, and dietary fibre. Some vitamin A and potassium.</p>	 <p><b>Fennel/Baby Fennel</b> Good source of vitamin C, folate and dietary fibre. Some iron.</p>	 <p><b>Garlic</b> Contain compounds that can help reduce cholesterol.</p>	 <p><b>Herbs</b> <i>Basil, Chives, Coriander, Dill, Mint, Sage, Oregano, Rosemary and Thyme</i> Good sources of vitamin A, vitamin C and folate.</p>	 <p><b>Leeks</b> Good source vitamin C, folate and dietary fibre. Some vitamin A.</p>
 <p><b>Lettuces</b> <i>Iceberg</i> Good source of folate. Some vitamin C, vitamin A and dietary fibre.</p>	 <p><b>Mushrooms</b> <i>Cultivated</i> Good source riboflavin, niacin and dietary fibre. Some vitamin B12.</p>	 <p><b>Onions</b> <i>Brown, Red, White</i> Some vitamin C, vitamin B3, potassium and dietary fibre.</p>	 <p><b>Onions</b> <i>White salad</i> Some vitamin C, niacin and calcium.</p>	 <p><b>Onions</b> <i>Spring</i> Some vitamin A, vitamin C, folate, niacin and dietary fibre.</p>
 <p><b>Parsley</b> Excellent source of vitamin A and vitamin C. Good source of iron.</p>	 <p><b>Parsnips</b> Good source of vitamin C, folate and dietary fibre. Some potassium.</p>	 <p><b>Peas</b> Excellent source vitamin C. Good source of protein, thiamine, niacin and dietary fibre.</p>	 <p><b>Potatoes</b> Excellent source vitamin C. Good source of dietary fibre and complex carbohydrates. Some thiamine and niacin.</p>	 <p><b>Pumpkins</b> <i>Kent, Jap, Butternut</i> Excellent source of vitamin A. Good source of vitamin C. Some folate, potassium, niacin and dietary fibre.</p>
 <p><b>Radishes</b> Good source vitamin C.</p>	 <p><b>Rhubarb</b> Good source of dietary fibre, vitamin C. Some thiamine and niacin.</p>	 <p><b>Shallots</b> Some dietary fibre, small quantities of vitamins. Low kilojoules.</p>	 <p><b>Silverbeet</b> Excellent source vitamin C and vitamin A, folate and dietary fibre. Some calcium and iron.</p>	 <p><b>Snowpeas</b> Excellent source of vitamin C and dietary fibre.</p>
 <p><b>Spinach</b> Excellent source of vitamin C, vitamin A, and folate. Some dietary fibre, potassium, magnesium, calcium and iron.</p>	 <p><b>Squash</b> Good source of vitamin C and dietary fibre. Some vitamin A and niacin.</p>	 <p><b>Swedes</b> Good source of vitamin C and folate. Some niacin, potassium and dietary fibre.</p>	 <p><b>Sweetcorn</b> Good source of dietary fibre, folate and phosphorus. Some vitamin C, thiamine and niacin.</p>	 <p><b>Tomatoes</b> Good source of vitamin C, vitamin A, folate, and dietary fibre. Some niacin and potassium.</p>
 <p><b>Tomatoes</b> <i>Cherry</i> Good source of vitamin C, vitamin A, folate, and dietary fibre. Some niacin and potassium.</p>	 <p><b>Turnips</b> Good source of vitamin C and dietary fibre. Some niacin and potassium.</p>	 <p><b>Watercress</b> Excellent source of vitamin A and vitamin C.</p>	 <p><b>Witlof</b> Good source of vitamin C, folate and dietary fibre.</p>	 <p><b>Zucchinis/Courgettes</b> Good source of vitamin C. Some folate and dietary fibre.</p>

This chart features some of the produce varieties available in Victoria from retailers who purchase through Melbourne Markets. Nutritional information provided by Jan Lewis, Dietitian using USDA Nutrient Database. Published by Melbourne Markets in 2002. Distributed by your friendly, local greengrocer. For further information log on free to: [www.marketfresh.com.au](http://www.marketfresh.com.au)



Market Fresh™  
marketfresh.com.au



# Availability

PLENTIFUL ✓ LIGHT TO MODERATE SUPPLY ✓ UNAVAILABLE ✗  
CHART DENOTES THE AVAILABILITY OF FRESH PRODUCE THROUGH VICTORIAN GREENGROCCERS

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
<b>Artichokes</b> <i>Globe/Jerusalem</i>	✗	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Asparagus</b>	✓	✓	✓	✓	o/s	o/s	o/s	✓	✓	✓	✓	✓
<b>Beans</b> <i>Broad</i>	✗	✗	✗	✗	✗	✗	✗	✗	✓	✓	✓	✗
<b>Beans</b> <i>Green</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Beanshoots</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Beetroot/Baby Beetroot</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Bok Choy</b> <i>Shanghai Cabbage</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Broccoli</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Brussels Sprouts</b>	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✗	✗
<b>Cabbages</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Cabbages</b> <i>Chinese/Wom Bok</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Cabbages</b> <i>Red</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Capsicums</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Carrots</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Carrots</b> <i>Dutch (bunch)</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Cauliflowers</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Chillies</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Celery</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Cucumbers</b> <i>Green, Continental, Lebanese</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Eggplants/Aubergines</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Endive</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Fennel/Baby Fennel (BF)</b>	BF ONLY	BF ONLY	BF ONLY	✓	✓	✓	✓	✓	✓	✓	✓	BF ONLY
<b>Garlic</b>	o/s	✓	✓	✓	o/s	o/s	o/s	o/s	o/s	o/s	o/s	o/s
<b>Herbs</b> <i>Basil, Chives, Coriander, Dill, Mint, Sage, Oregano, Rosemary, Thyme</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Leeks</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Lettuces/Salad Mix</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Mushrooms</b> <i>Cultivated/Wild (W)</i>	✓	✓	✓	W	W	✓	✓	✓	✓	✓	✓	✓
<b>Onions</b> <i>Brown, Red, White</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	o/s	o/s	✓
<b>Onions</b> <i>White salad</i>	✓	✓	✓	✓	✗	✗	✓	✓	✓	✓	✓	✓
<b>Onions</b> <i>Spring (bunch)</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Parsley</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Parsnips</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Peas</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Potatoes</b> <i>White/Desiree, Bison</i> <small>NOTE: Brushed/Sebago available all year</small>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Pumpkins</b> <i>Butternut, Kent, Jap</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Radishes</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Rhubarb</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Shallots</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	o/s	o/s	✓
<b>Silverbeet</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Snowpeas</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Spinach</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Squash</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Swedes</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Sweetcorn</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Tomatoes</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Tomatoes</b> <i>Cherry</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Turnips</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Watercress</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Witlof</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Zucchini/Courgettes</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	<b>JAN</b>	<b>FEB</b>	<b>MAR</b>	<b>APR</b>	<b>MAY</b>	<b>JUN</b>	<b>JUL</b>	<b>AUG</b>	<b>SEP</b>	<b>OCT</b>	<b>NOV</b>	<b>DEC</b>

o/s – This symbol indicates that Australian supply may be supplemented by supplies from New Zealand and other countries.  
 C – This symbol indicates that product has been kept in 'controlled atmosphere' conditions.  
 ©Melbourne Market Authority 2002  
 A note on seasonal charts: Harvest seasons don't quite run like clockwork. Changes in weather each year, for instance, can alter harvest dates. Farmers are also constantly striving to extend the harvest season on each end with new growing techniques and crop varieties. But these charts should give you a pretty good idea of the prime harvest season for most varieties.