

# In Season this Spring

From the daily seafood catch to the local farmer's harvest, here's your guide to fresh, local food available on the Coffs Coast.



**Foodie Tip:** Shop for local produce at farmers' markets, greengrocers and specialist seafood retailers.

Fruit				
Avocado (mid-late)	Lemon	Orange	Pear	Rockmelon (late)
Banana	Limes	Passionfruit	Pineapple	Strawberry (mid-late)
Blueberries	Mandarin (early-mid)	Paw Paw	Plum (mid-late)	Tomato
Grapefruit	Nectarine (late)	Peach (mid-late)	Raspberries (mid-late)	Watermelon (late)
Herbs				
Basil	Coriander	Ginger	Mint	Spring Onion
Chilli	Dill	Lemongrass	Oregano	Thyme
Chives	Garlic	Lemon Myrtle	Parsley	
Vegetables				
Asparagus	Carrot	Kale	Potato	Tatsoi
Beans	Cauliflower	Leek	Radish	Turnip
Beetroot (early-mid)	Celery	Lettuce	Rhubarb	Watercress
Bok Choy	Choko (late)	Mushroom	Rocket	Wombok
Broccoli (early-mid)	Choy Sum	Okra	Silverbeet	Zucchini
Button Squash (mid-late)	Corn (late)	Onion	Spinach	
Cabbage	Cucumber	Parsnip	Squash	
Capsicum (mid-late)	Eggplant	Peas	Sweet Potato	
Seafood				
Bonito	Kingfish	Mahi Mahi (mid-late)	Snapper	Tuna - Albacore
Bream (early)	King prawns	Mud Crab (mid-late)	Spanner crab (early)	Tuna - Big Eye (mid-late)
Bullseye (early)	Leather Jackets (early)	Mulloway (early)	Swordfish (mid-late)	Tuna - Yellowfin (mid-late)
Cuttlefish	Lobster	Octopus	Teraglin	Whitebait (early)
Grinner	Mackerel (mid-late)	Red Fish (mid-late)	Tiger Prawns (early)	Whiting

Season timing indicated in brackets. This Spring Harvest Calendar is brought to you by Coffs Coast Harvest.

# In Season this Summer

From the daily seafood catch to the local farmer's harvest, here's your guide to fresh, local food available on the Coffs Coast.



**FoodieTip:** Shop for local produce at farmers' markets, greengrocers and specialist seafood retailers.

Fruit				
Avocado (early)	Lemon	Nectarine	Pineapple	Tomato
Banana	Lilli Pilli (late)	Passionfruit	Plum (early)	Watermelon
Blueberries	Limes (early)	Pawpaw (early)	Raspberries	
Custard Apple	Lychees	Peach (early)	Rockmelon	
Finger Limes (late)	Mango	Pear	Strawberry	
Herbs				
Basil	Dill	Lemongrass	Oregano	Watercress
Chilli	Garlic	Mint	Parsley	
Chives	Ginger	Myrtle	Spring Onion/Shallot	
Coriander	Herbs	- Lemon/Aniseed	Thyme	
Vegetables				
Artichoke	Capsicum	Gourds	Potato	Squash
Asparagus	Carrot (early-mid)	Kale	Pumpkin	Sweet Potato
Beans	Choko	Lettuce	Radish	Tatsoi
Beetroot (late)	Choy Sum	Mushroom	Rhubarb	Turnip (early)
Bok Choy	Corn	Okra	Rocket	Zucchini
Button Squash	Cucumber	Onion	Silverbeet	
Cabbage	Eggplant	Parsnip (early)	Spinach	
Seafood				
Albacore tuna (early)	King Prawns	Mackerel – spanish (mid-late)	Octopus	Tuna - big eye (early)
Balmain Bugs (mid-late)	Kingfish - yellowtail (early)	Mackerel – spotted (mid-late)	Redfish - nannygai (early)	Tuna - yellowfin
Bonito (early)	Lobster - eastern rock (early)	Mahi Mahi	Snapper	Whiting
Bullseye – red (mid-late)	Mackerel - blue (early)	Mud Crab	Swordfish	
Cuttlefish			Teraglin (early)	
Grinner - painted (early)				

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# In Season this Autumn

From the daily seafood catch to the local farmer's harvest, here's your guide to fresh, local food available on the Coffs Coast.



Foodie Tip: Shop for local produce at farmers' markets, greengrocers and specialist seafood retailers.

Fruit				
Avocado	Custard Apple (early)	Kiwifruit	Mango (early)	Rockmelon
Banana	Davidson Plum	Lemon	Pear	Watermelon
Blueberries	Grapefruit (late)	Mandarin (late)	Pineapple	
Herbs				
Basil	Dill	Lemongrass	Myrtle - lemon/aniseed	Spring Onion
Chilli	Finger Limes	Macadamia	Oregano	Thyme
Chives	Garlic	Mint	Parsley	Watercress
Coriander	Ginger			
Vegetables				
Artichoke	Carrot	Gourds	Peas (late)	Spinach
Beans	Cauliflower	Kale	Potato	Squash
Beetroot	Celery (late)	Leek	Pumpkin	Sweet Potato
Bok Choy	Choko	Lettuce	Radish	Tatsoi
Broccoli	Choy Sum	Mushroom	Rhubarb	Tomato
Button Squash	Corn	Okra	Rocket	Wombok
Cabbage	Cucumber	Onion	Silverbeet	Zucchini
Capsicum	Eggplant			
Seafood				
Balmain Bugs (early)	Bullseye - red	Kingfish - yellowtail (mid-late)	Mahi Mahi (early)	Swordfish (early)
Blue Eye Trevalla / Cod (mid-late)	Cuttlefish	King Prawns	Mud Crab	Tuna - yellowfin (early)
Bream - yellowfin (mid-late)	Grinner - painted (mid-late)	Mackerel - spanish / spotted	Octopus	Whitebait (mid-late)
			Snapper	Whiting
			Spanner Crab (mid-late)	

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# In Season this Winter

The Winter Harvest Calendar is brought to you by Coffs Coast Harvest



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Season timing indicated in brackets

Fruit				
Avocado (early)	Davidson Plum (early-mid)	Lemons	Mandarin	Pear
Banana	Grapefruit	Limes	Orange	Tomato
Blueberries	Kiwifruit (early)	Macadamia	Passionfruit (early)	
Herbs				
Basil	Coriander	Ginger	Mint	Spring Onion
Chilli	Dill	Lemongrass	Oregano	Thyme
Chives	Garlic	Lemon Myrtle	Parsley	
Vegetables				
Beetroot	Celery	Leek	Peas	Spinach
Bok Choy	Choko (early)	Lettuce	Potato	Sweet Potato (late)
Broccoli	Choy Sum	Mushroom	Radish	Tat Soi
Cabbage	Cucumber	Okra	Rhubarb (late)	Turnip (mid-late)
Carrot	Gourds (early)	Onion	Rocket	Watercress
Cauliflower	Kale	Parsnip (mid-late)	Silverbeet	Wombok
Seafood				
Albacore Tuna (late)	Cuttlefish	Lobster (mid-late)	Octopus	Whitebait
Blue Eye Trevalla (early)	Grinner	Mackerel - spanish (early)	Snapper	Whiting
Bonito (mid-late)	Kingfish	Mackerel - spotted (early)	Spanner crab	
Bream	King Prawns	Mud Crab (early)	Teraglin (mid-late)	
Bullseye	Leather Jackets (mid-late)	Mulloway (mid-late)	Tiger Prawns (late season)	