



FRESH MARKET DIRECT PRODUCE

SEASONAL FRUIT & VEG

Your one-stop destination for the freshest
seasonal fruits and vegetables!

FMDPRODUCE.COM.AU

Welcome to FMD Produce! Discover the
freshest seasonal fruits and veggies, from juicy
summer berries to crisp autumn greens, we've
got you covered. Let FMD Produce enhance
your culinary adventure!

SUMMER



December - February

Fruit

• apple* • apricot • banana • blackberries • blueberries • boysenberries • cantaloupe • cherries • currants • fig • grapefruit	• grapes • honeydew • lemon • loganberries • lychee • mango • mulberries • nectarine • orange* • passionfruit • peach	• pear* • plum • pineapple • rambutan • raspberries • rhubarb • strawberries • tamarillo • watermelon
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Vegetables

• asparagus • avocado • beans* • beetroot • cabbage • capsicum • carrot • celery • corn • cucumber	• daikon • eggplant • leek • lettuce • okra • onion • onion, spring • peas • peas, snow • peas, sugar snap	• potato • radish • shallot • silverbeet • squash • tomato • watercress • zucchini • zucchini flower
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Herbs & Spices

• basil • basil, thai • chervil • chilli • chives • coriander • dill	• garlic • ginger • lime, kaffir (leaves) • lemongrass • mint • mint, apple	• mint, vietnamese • oregano • parsley • rosemary • sage • tarragon • thyme
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apple* gravenstein, beans* butter, green, orange* valencia, pears* bartlett, william

For all orders or questions, call our office at 1300 171 991 or email
orders@fmdproduce.com.au

AUTUMN



March - May

Fruit

- avocado
- apple*
- blackberries
- banana
- cumquat
- custard apple
- feijoa
- fig
- grapefruit
- grapes
- guava
- kiwi fruit

- lemon
- lime
- mandarin*
- mango
- mangosteen
- nashi
- orange*
- papaya
- passionfruit
- peach
- pear*

- persimmon
- plum
- pomegranate
- prickly pear
- quince
- rambutan
- raspberries
- rhubarb
- strawberries
- tamarillo

Vegetables

- artichokes
- asian greens*
- avocado
- beans*
- beetroot
- broccoli
- brussels sprouts
- cabbage
- capsicum
- carrot
- cauliflower
- celery
- choko

- corn
- cucumber
- daikon
- eggplant
- fennel
- leek
- lettuce
- mushrooms*
- okra
- onion
- onion, spring
- parsnip
- potato

- pumpkin
- shallot
- silverbeet
- spinach
- squash
- swede
- sweet potato
- tomato
- turnip
- watercress
- witlof
- zucchini

Herbs & Spices

- basil
- chervil
- chilli
- chives
- coriander
- dill

- garlic
- ginger
- lime, kaffir (leaves)
- lemongrass
- mint

- oregano
- parsley
- rosemary
- sage
- tarragon
- thyme

apple* aba, bonza, braeburn, cox's orange pippins, fuji, gala, golden delicious, granny smith, jonagold, jonathan, mutso, pink lady, red delicious, snow, sundowner, artichoke* jerusalem, asian greens* bok choy, choy sum, gai laan, wombok beans* borlotti, butter, green, mandarin* imperial, mushrooms* field, pine, slippery jacks, orange* navel, valencia pear* beurre bosc, howell, josephine, packham, red sensation, williams

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WINTER



June - August

Fruit

• apple* • avocado • cumquat • custard apple • feijoa • grapefruit • kiwi fruit	• lemon • lime • mandarin* • nashi • orange* • pear* • persimmon	• pineapple • quince • rhubarb • tamarillo • tangelo
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Vegetables

• asian greens* • avocado • broccoli • broccolini • beans, broad • brussels sprouts • cabbage • capsicum • carrot • cauliflower • celeriac • celery	• chokos • cucumbers • eggplants • fennel • horseradish • kale • kohlrabi • leek • mushrooms • okra • onion • onion, spring	• parsnip • potato • pumpkin • radish • shallot • silverbeet • spinach • swede • sweet potato • turnip
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Herbs & Spices

• ginger • coriander • dill	• mint • oregano	• parsley • rosemary
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apple* bonza, braeburn, cox's orange pippins, fuji, gala, golden delicious, granny smith, jonagold, jonathan, lady williams, mutso, pink lady, red delicious, snow, sundowner, asian greens* bok choy, choy sum, gai lan, wombok mandarin* ellendale, imperial, murcot, orange* blood, navel, seville, pear* beurre, bosc, josephine, packham

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SPRING



September - November

Fruit

• apple* • asparagus • avocado • banana • blueberries (start of Nov.) • cantaloupe • cherry • cumquat	• grapefruit • honeydew • lemon • lime • loquat • lychee • mandarin* • mango • mulberries	• orange* • papaya • pepino • pineapple • rhubarb • strawberries • starfruit • tangelo • watermelon
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Vegetables

• artichoke* • asian greens* • avocado • beans* • beetroot • broccoli • brussels sprouts • cabbage • carrot • cauliflower • celery • choko • corn	• daikon • eggplant • fennel • leek • lettuce • mushrooms* • okra • onion • onion, spring • parsnip • peas • potato	• pumpkin • radish • shallot • silverbeet • spinach • squash • swede • sweet potato • tomato • turnip • watercress • witlof • zucchini
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Herbs & Spices

• basil • chervil • chilli • chives • coriander • dill	• garlic • ginger • lime, kaffir (leaves) • lemongrass • mint	• oregano • parsley • rosemary • sage • tarragon • thyme
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apple* lady william, artichoke* globe, jerusalem, asian greens* bok choy, choy sum, gai laan, wombok, beans* broad, green, mandarin* ellendale, imperial, murcot, orange* blood, seville, valencia

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THANK YOU FOR DOWNLOADING THE FILE!

For more information, visit our website or
contact us via **1300 171 991** or email us at
orderse@fmdproduce.com.au. We're here to
assist you further. Happy cooking and enjoy
your fresh produce from FMD Produce!
