



# FRUIT Guide



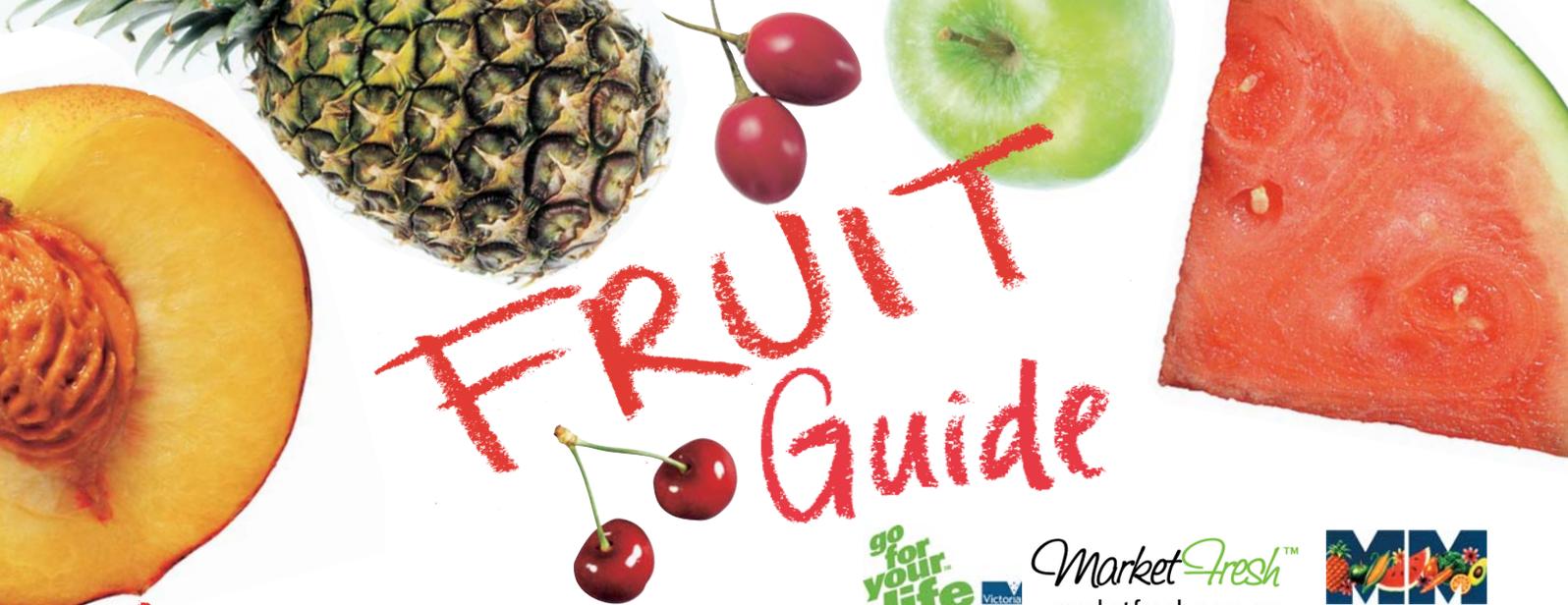
## Nutritional Values

 <p><b>Apples</b> <i>Royal Gala</i> Good source of dietary fibre, some vitamin C and potassium.</p>	 <p><b>Apples</b> <i>Jonathan</i> Good source of dietary fibre, some vitamin C and potassium.</p>	 <p><b>Apples</b> <i>Golden Delicious</i> Good source of dietary fibre, some vitamin C and potassium.</p>	 <p><b>Apples</b> <i>Red Delicious</i> Good source of dietary fibre, some vitamin C and potassium.</p>	 <p><b>Apples</b> <i>Granny Smith</i> Good source of dietary fibre, some vitamin C and potassium.</p>
 <p><b>Apples</b> <i>Fuji</i> Good source of dietary fibre, some vitamin C and potassium.</p>	 <p><b>Apples</b> <i>Braeburn</i> Good source of dietary fibre, some vitamin C and potassium.</p>	 <p><b>Apples</b> <i>Pink Lady</i> Good source of dietary fibre, some vitamin C and potassium.</p>	 <p><b>Apples</b> <i>Sundowner</i> Good source of dietary fibre, some vitamin C and potassium.</p>	 <p><b>Apples</b> <i>Lady William</i> Good source of dietary fibre, some vitamin C and potassium.</p>
 <p><b>Apricots</b> Good source of dietary fibre, vitamin A and vitamin E. Some vitamin C.</p>	 <p><b>Avocados</b> Good source of vitamin C, vitamin E, niacin and potassium. Contains mono-unsaturated fats.</p>	 <p><b>Bananas</b> Some vitamin C, folate, vitamin B6, dietary fibre and potassium.</p>	 <p><b>Blackberries</b> Good source of vitamin C, folate, dietary fibre and potassium.</p>	 <p><b>Blueberries</b> Good source of dietary fibre. Some vitamin A and vitamin C.</p>
 <p><b>Cantaloupes/Rockmelons</b> Excellent source of vitamin A, vitamin C and potassium.</p>	 <p><b>Cherries</b> Some vitamin A, vitamin C and dietary fibre.</p>	 <p><b>Chestnuts</b> Excellent source of folate and vitamin C.</p>	 <p><b>Custard Apples</b> Good source of vitamin C, potassium and dietary fibre.</p>	 <p><b>Figs</b> Good source of dietary fibre. Some potassium and calcium.</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)  
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 <p><b>Grapefruit</b> Excellent source of vitamin C. Some potassium.</p>	 <p><b>Grapes <i>Flame Seedless</i></b> Good source dietary fibre. Some of vitamins C, B6 and E.</p>	 <p><b>Grapes <i>Menindee Seedless</i></b> Good source dietary fibre. Some of vitamins C, B6 and E.</p>	 <p><b>Grapes <i>Red Globe</i></b> Good source dietary fibre. Some of vitamins C, B6 and E.</p>	 <p><b>Grapes <i>Thomson Seedless</i></b> Good source dietary fibre. Some of vitamins C, B6 and E.</p>
 <p><b>Grapes <i>Black Supreme</i></b> Good source dietary fibre. Some of vitamins C, B6 and E.</p>	 <p><b>Honeydew Melons</b> Good source of vitamin C and potassium.</p>	 <p><b>Kiwifruit</b> Excellent source of vitamin C. Good source of folate, vitamin E and dietary fibre.</p>	 <p><b>Lemons</b> Excellent source of vitamin C.</p>	 <p><b>Limes</b> Excellent source of vitamin C.</p>
 <p><b>Lychees</b> Good source of vitamin C. Low in kilojoules.</p>	 <p><b>Mandarins <i>Honey Murcott</i></b> Excellent source of vitamin C. Good source of folate and dietary fibre.</p>	 <p><b>Mandarins <i>Imperial</i></b> Excellent source of vitamin A and vitamin C. Good source of folate and dietary fibre.</p>	 <p><b>Mangoes</b> Excellent source of vitamin A and vitamin C. Good source of vitamin E, potassium and dietary fibre.</p>	 <p><b>Nashi Pears</b> Some vitamin C and dietary fibre.</p>
 <p><b>Nectarines</b> Good source of vitamin A and vitamin C. Some potassium and dietary fibre.</p>	 <p><b>Oranges <i>Navel</i></b> Excellent source of vitamin C. Good source of folate and dietary fibre.</p>	 <p><b>Oranges <i>Valencia</i></b> Excellent source of vitamin C. Good source of folate and dietary fibre.</p>	 <p><b>Passionfruit</b> Excellent source of vitamin C. Good source of vitamin E and dietary fibre. Some niacin.</p>	 <p><b>Papaws</b> Excellent source of vitamin A and vitamin C. Good source of dietary fibre.</p>
 <p><b>Peaches <i>White</i></b> Some vitamin A and vitamin C.</p>	 <p><b>Peaches <i>Yellow</i></b> Good source of vitamin A and vitamin E. Some vitamin C, potassium and dietary fibre.</p>	 <p><b>Pears <i>Beurre Bosc</i></b> Some vitamin C and dietary fibre.</p>	 <p><b>Pears <i>Corella</i></b> Some vitamin C and dietary fibre.</p>	 <p><b>Pears <i>Packham</i></b> Some vitamin C and dietary fibre.</p>
 <p><b>Pears <i>Williams/Bartlett</i></b> Some vitamin C and dietary fibre.</p>	 <p><b>Persimmons</b> Excellent source of vitamin A. Good source of vitamin C, vitamin E and dietary fibre.</p>	 <p><b>Pineapples</b> Good source of vitamin C, folate and potassium.</p>	 <p><b>Plums</b> Good source of dietary fibre. Some vitamin C and vitamin E.</p>	 <p><b>Quinces</b> Some vitamin C, vitamin E, dietary fibre and potassium.</p>
 <p><b>Raspberries</b> Excellent source of vitamin C, folate and dietary fibre.</p>	 <p><b>Strawberries</b> Excellent source of vitamin C. Good source of dietary fibre and folate.</p>	 <p><b>Tamarillos</b> Good source of vitamin C and dietary fibre.</p>	 <p><b>Walnuts</b> Has protein, folate, vitamin E, potassium, phosphorus, calcium, magnesium and dietary fibre.</p>	 <p><b>Watermelons</b> Good source of vitamin A.</p>

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# FRUIT Guide

## Availability



Market Fresh™  
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PLENTIFUL ✓ LIGHT TO MODERATE SUPPLY ✓ UNAVAILABLE ✗  
CHART DENOTES THE AVAILABILITY OF FRESH PRODUCE THROUGH VICTORIAN GREENGROCERS

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
<b>Apples</b> <i>Royal Gala</i>	✓	✓	✓	✓	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✗	✗	✗	✗	✗
<b>Apples</b> <i>Jonathan</i>	✗	✓	✓	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✗	✗	✗	✗	✗	✗
<b>Apples</b> <i>Golden Delicious</i>	✓	✓	✓	✓	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>
<b>Apples</b> <i>Red Delicious</i>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓	✓	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>
<b>Apples</b> <i>Granny Smith</i>	✓	✓	✓	✓	✓	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>
<b>Apples</b> <i>Fuji</i>	✗	✗	✓	✓	✓	✓	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>
<b>Apples</b> <i>Braeburn</i>	✗	✗	✗	✓	✓	✓	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>
<b>Apples</b> <i>Pink Lady</i>	✗	✗	✗	✓	✓	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>
<b>Apples</b> <i>Sundowner</i>	✗	✗	✗	✗	✓	✓	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>
<b>Apples</b> <i>Lady William</i>	✗	✗	✗	✗	✓	✓	✓	✓ <sub>C</sub>				
<b>Apricots</b>	✓	o/s ✓	o/s ✓	✗	✗	✗	✗	✗	✗	✗	✓	✓
<b>Avocados</b>	o/s ✓	o/s ✓	o/s ✓	✓	✓	✓	✓	✓	✓	✓	✓	o/s ✓
<b>Bananas</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Blackberries</b>	✓	✓	✓	✗	✗	✗	✗	✗	✗	✗	✓	✓
<b>Blueberries</b>	✓	✓	✓	✓	✗	✗	✗	✗	✓	✓	✓	✓
<b>Cantaloupes/Rockmelons</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Cherries</b>	✓	o/s ✓	o/s ✓	✗	✗	o/s ✓	o/s ✓	✗	✗	✗	✓	✓
<b>Chestnuts</b>	✗	✗	✓	✓	✓	o/s ✓ <sub>C</sub>	o/s ✓ <sub>C</sub>	✗	✗	✗	✗	✗
<b>Custard Apples</b>	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✗	✗
<b>Figs</b>	✓	✓	✓	✓	✗	✗	✗	✗	✗	✗	✓	✓
<b>Grapefruit</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.

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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.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	
<b>Grapes</b> <i>Flame Seedless</i>	✓	✓	✓	✗	✗	✗	✗	✗	✗	✓	✓	✓	
<b>Grapes</b> <i>Menindee Seedless</i>	✓	✓	✗	✗	✗	✗	✗	✗	✗	✓	✓	✓	
<b>Grapes</b> <i>Red Globe</i>	✓	✓	✓	✓	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✗	✗	✗	✓	
<b>Grapes</b> <i>Thomson Seedless</i>	✓	✓	✓	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✗	✗	✗	✗	✓	
<b>Grapes</b> <i>Black (eg. Muscatel)</i>	✓	✓	✓	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✗	✗	✗	✗	✗	✓	
<b>Honeydew Melons</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
<b>Kiwifruit</b>	o/s ✓	o/s ✓	✓	o/s ✓	o/s ✓	o/s ✓ <sub>C</sub>							
<b>Lemons</b>	o/s ✓ <sub>C</sub>	o/s ✓ <sub>C</sub>	✓	✓	✓	✓	✓	✓	✓	o/s ✓	o/s ✓	o/s ✓	
<b>Limes</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	o/s ✓	o/s ✓	
<b>Lychees</b>	✓	✓	✓	✗	✗	✗	✗	✗	✗	✗	✓	✓	
<b>Mandarins</b> <i>Honey Murcott</i>	✗	✗	✗	✗	✗	✗	✗	✓	✓	✓	✓	✓	
<b>Mandarins</b> <i>Imperial</i>	✗	✗	✗	✓	✓	✓	✓	✓	✓	✓	✗	✗	
<b>Mangoes</b>	✓	✓	✓	✓	o/s ✓	o/s ✓	o/s ✓	✗	✓	✓	✓	✓	
<b>Nashi Pears</b>	✗	✓	✓	✓	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✗	✗
<b>Nectarines</b>	✓	✓	o/s ✓	✓	✗	✗	✗	✗	✗	✓	✓	✓	
<b>Oranges</b> <i>Navel</i>	o/s ✓	o/s ✓	o/s ✓	o/s ✓	✓	✓	✓	✓	✓	✓	o/s ✓	o/s ✓	
<b>Oranges</b> <i>Valencia</i>	✓	✓	✓	✓	✗	✗	✗	✗	✓	✓	✓	✓	
<b>Passionfruit</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
<b>Papaws</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
<b>Peaches</b> <i>White</i>	✓	✓	✓	✗	✗	✗	✗	✗	✗	✗	✓	✓	
<b>Peaches</b> <i>Yellow</i>	✓	✓	✓	✓	✗	✗	✗	✗	✓	✓	✓	✓	
<b>Pears</b> <i>Beurre Bosc</i>	✗	✓	✓	✓	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✗	✗
<b>Pears</b> <i>Corella</i>	✗	✗	✗	✓	✓	✓ <sub>C</sub>	✗						
<b>Pears</b> <i>Packham</i>	✗	✗	✓	✓	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>
<b>Pears</b> <i>Williams/Bartlett</i>	✓	✓	✓ <sub>C</sub>	✓ <sub>C</sub>	✗	✗	✗	✗	✗	✗	✗	✗	
<b>Persimmons</b>	✗	✗	✓	✓	✓	✓	✓	✓	o/s ✓	✗	✗	✗	
<b>Pineapples</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
<b>Plums</b>	✓	✓	✓	✓	✗	✗	✗	✗	✗	✗	✗	✓	
<b>Quinces</b>	✗	✗	✗	✓	✓	✓ <sub>C</sub>	✓ <sub>C</sub>	✓ <sub>C</sub>	✗	✗	✗	✗	
<b>Raspberries</b>	✓	✓	✓	✓	✓	✗	✗	✗	✗	✓	✓	✓	
<b>Strawberries</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
<b>Tamarillos/Tree Tomatoes</b>	✗	✗	✗	✗	✓	✓	✓	✓	✓	✓	✗	✗	
<b>Walnuts</b> <i>Fresh</i>	✗	✗	✗	✓	✓	✓	✗	✗	o/s ✓	o/s ✓	✗	✗	
<b>Watermelons</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	

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