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'80% of the world's oceans are officially over-exploited or fished right to their limit.'

### WHY DO YOUR CHOICES MATTER?

The fish we choose today will directly affect the health of our oceans tomorrow.

Worldwide demand for seafood is increasing, yet many populations of the fish we enjoy are overfished.

Overfishing, destructive fishing gear and poor aquaculture practices impact significantly on our seas. Once considered inexhaustible, our oceans are now in a state of global crisis and they need our help.

Be part of the solution.

Freecall 1800 066 299  
www.sustainableseafood.org.au

### YOU CAN MAKE A DIFFERENCE.

Be informed. Choose your seafood wisely.

Consider its sustainability and always go for green where you can.

#### Things to do...

Whether you are at a supermarket, fish merchant, dining out at a restaurant or simply getting takeaway, always ask...

- Is the species overfished?
- How was it caught or farmed?
- Is it a deep-sea, slow-growing or long-lived species?

#### Tell your friends!

Spread the word about how good it feels to eat sustainably.

Consult the website and get your hands on the full version of **Australia's Sustainable Seafood Guide** for more detailed information on each species, sustainability and fishing methods.

Freecall 1800 066 299  
www.sustainableseafood.org.au



Australia's  
MINI SUSTAINABLE  
SEAFOOD GUIDE

guides

Please remove this page, cut and fold the guides to use when shopping for seafood and fresh produce

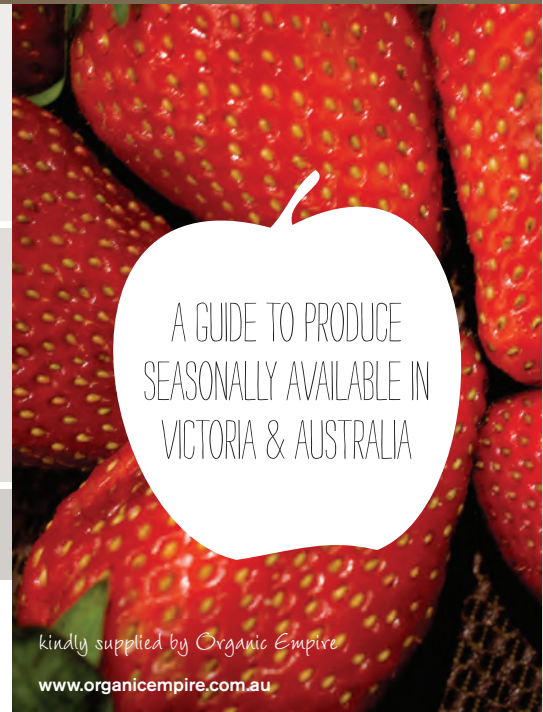
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#### Spring (September – November)

#### Summer (December – February)

fruit	apple*	cumquat	lychee	pineapple	apple*	currants	mango	pineapple	
	avocado	grapefruit	mandarin*	rhubarb	apricot	fig	mulberries	rambutan	
	banana	honeydew	mango	strawberries	banana	grapefruit	nectarine	raspberries	
	blueberries	kiwi fruit	mulberries	starfruit	blackberries	grapes	orange*	rhubarb	
	(start of Nov.)	lemon	orange*	tangelo	blueberries	honeydew	passionfruit	strawberries	
	cantaloupe	lime	papaya	watermelon	boysenberries	lemon	peach	tamarillo	
	cherry	loquat	pepino		cantaloupe	loganberries	pear*	watermelon	
					cherries	lychee	plum		
	vegetables	artichoke*	capsicum	mushrooms	shallot	asparagus	corn	onion, spring	squash
		asian greens*	carrot	onion	silverbeet	avocado	cucumber	peas	tomato
asparagus		cauliflower	onion, spring	spinach	beans*	daikon	peas, snow	watercress	
avocado		celery	parsnip	squash	beetroot	eggplant	peas,	zucchini	
beans*		cucumber	peas	sweetcorn	cabbage	leek	sugar snap	zucchini flower	
beetroot		fennel	peas, snow	tomato	capsicum	lettuce	potato		
broccoli		kale	peas,	watercress	carrot	okra	radish		
brussels		leek	sugar snap	zucchini	celery	onion	shallot		
sprouts		lettuce	potato				silverbeet		
cabbage		radish							
herbs and spices	basil	chilli	dill	lime, kaffir	mint	oregano	sage		
	basil, thai	chives	garlic	(leaves)	mint, apple	parsley	tarragon		
	chervil	coriander	ginger	lemongrass	mint, viet.	rosemary	thyme		



A GUIDE TO PRODUCE  
SEASONALLY AVAILABLE IN  
VICTORIA & AUSTRALIA

kindly supplied by Organic Empire

www.organicempire.com.au

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Autumn (March – May)								Winter (June – August)			
fruit	avocado	custard apple	guava	mandarin*	papaya	plum	raspberries	apple*	grapefruit	nashi	quince
	apple*	feijoa	honeydew	mango	passionfruit	pomegranate	rhubarb	avocado	kiwi fruit	orange*	rhubarb
	blackberries	fig	kiwi fruit	mangosteen	peach	prickly pear	rockmelon	cumquat	lemon	pear*	tamarillo
	banana	grapefruit	lemon	nashi	pear*	quince	strawberries	custard apple	lime	persimmon	tangelo
	cumquat	grapes	lime	orange*	persimmon	rambutan	tamarillo	feijoa	mandarin*	pineapple	
vegetables	artichoke*	brussels	celery	fennel	onion, spring	shallot	tomato	asian greens*	cauliflower	lettuce	radish
	asian greens*	sprouts	choko	leek	parsnip	silverbeet	turnip	avocado	celeriac	mushrooms	shallot
	avocado	cabbage	corn	lettuce	peas	spinach	watercress	beetroot	celery	okra	silverbeet
	beans*	capsicum	cucumber	mushrooms*	potato	squash	witlof	broccoli	chokos	onion	spinach
	beetroot	carrot	daikon	okra	pumpkin	swede	zucchini	broccolini	fennel	onion, spring	swede
	broccoli	cauliflower	eggplant	onion	radish	sweet potato		beans, broad	horseradish	parsnip	sweet potato
								brussels	kale	peas	turnip
							sprouts	kohlrabi	peas, snow		
							cabbage	leek	potato		
							carrot		pumpkin		
herbs and spices	basil	chives	garlic	lemongrass	mint	rosemary	thyme	ginger	dill	mint	parsley
	chervil	coriander	ginger	lime, kaffir (leaves)	oregano	sage		coriander	garlic	oregano	rosemary
	chilli	dill			parsley	tarragon					
<p>apple* aba, bonza, braeburn, cox's orange pippins, fuji, gala, golden delicious, granny smith, jonagold, jonathan, mutso, pink lady, red delicious, snow, sundowner</p> <p>artichoke* jerusalem</p> <p>asian greens* bok choy, choy sum, gai laan, wombok</p> <p>beans* borlotti, butter, green</p> <p>mandarin* imperial</p>				<p>mushrooms* field, pine, slippery jacks</p> <p>orange* navel, valencia</p> <p>pear* beurre bosc, howell, josephine, packham, red sensation, williams</p>				<p>apple* bonza, braeburn, cox's orange pippins, fuji, gala, golden delicious, granny smith, jonagold, jonathan, lady williams, mutso, pink lady, red delicious, snow, sundowner</p> <p>asian greens* bok choy, choy sum, gai laan, wombok</p> <p>mandarin* ellendale, imperial, murcot</p> <p>orange* blood, navel, seville</p> <p>pear* beurre, bosc, josephine, packham</p>			

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