

# Cut & Keep Guides



This resource was developed by Sustainable Table and was originally commissioned by the City of Melbourne, which has kindly given permission for it to be adapted for use in South Australia.

Spring (September – November)			Summer (December – February)		
apples	loquat	tangelo	apricot	honeydew	rhubarb
avocado	mandarin	tangerine	avocado	loquats	rockmelon
cumquat	pear	tomato	blackberry	mulberry	strawberry
grapefruit	rhubarb		blueberry	nectarine	watermelon
lemon	strawberry		boysenberry	peach	
			cherry	plum	
			currant	raspberry	
asian greens	cucumber	pea, sugar snap	asian greens	olives	sweetcorn
asparagus	kohlrabi	potato	asparagus	onion	silverbeet
broadbean	leek	pumpkin	beans	onion, spring	spinach
beetroot	lettuce	radish	beetroot	parsnip	
broccoli	mushroom	silverbeet	carrot	pea, snow	
cabbage	onion, spring	spinach	cucumber	pea, sugar snap	
carrot	parsnip		eggplant	potato	
cauliflower	peas		leek	radish	
celery	pea, snow		lettuce	rocket	
basil	chives	ginger	mint	oregano	sage
basil, thai	coriander	lime, kaffir (leaves)	mint, apple	parsley	tarragon
chervil	dill	lemongrass	mint, viet.	rosemary	thyme
chilli	garlic				

A guide to seasonal produce in South Australia

fruit

vegetables

herbs and spices

'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  
sustainableseafood.org.au

## You can make a difference.

**Be informed. Choose your seafood wisely.** Consider its sustainability and always go for 'Better Choice' 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 the most up-to-date and detailed information on each species, sustainability and fishing methods.

Freecall 1800 066 299  
sustainableseafood.org.au



### Like this pocket guide?

Why not download the free AMCS iPhone or Android app for more information on each species. Search for 'Sustainable Seafood Guide' in your app store.

Please fold along the guides to use when shopping for seafood and fresh produce

# Cut & Keep Guides

## Autumn (March – May)

apple	grapes	mandarin	persimmon	raspberries	watermelon
cumquat	honeydew	orange	plum	rhubarb	
feijoa	nashi	(valencia)	pomegranate	rockmelon	
fig	limes	pear	quince	strawberries	

## Winter (June – August)

apple	lime	rhubarb
avocado	mandarin	tamarillo
grapefruit	nashi	tangelo
kiwifruit	orange	
lemon	pear	

artichokes (jerusalem)	cabbage	eggplant	parsnip	spinach	witlof
asian greens	capsicum	kale	peas	squash	zucchini
beetroot	carrot	kohlrabi	potato	swedes	
broccoli	cauliflower	leek	pumpkin	sweetcorn	
brussels sprouts	celairiac	lettuce	radish	tomato	
	celery	mushrooms	shallot	turnips	
	cucumber	onion	silverbeet	watercress	

asian greens	daikon	parsnip
beetroot	fennel	potato
broccoli	horseradish	pumpkin
brussels sprout	kale	silverbeet
cabbage	kohlrabi	spinach
carrot	lettuce	swede
cauliflower	mushrooms	turnip
celeriac	olives	witlof
celery	onion	zucchini

basil	chives	garlic	lime, kaffir (leaves)	oregano	sage
chervil	coriander	ginger	mint	parsley	tarragon
chilli	dill	lemongrass		rosemary	thyme

ginger	garlic	parsley
coriander	mint	rosemary
dill	oregano	

fold

fold

## Better Choice

<i>Aust. wild caught fish</i>	<i>Marketed as...</i>
Australian Salmon	Australian Salmon
Crabs	Blue Swimmer Crabs (SA, NSW) Spanner & Mud Crabs (NT)
Flathead (NSW & VIC)	Dusky Flathead
Sardines (NSW, VIC, WA, SA)	Sardine or Pilchard
Southern Calamari	
Spanish mackerel	Mackerel
Spencer Gulf King Prawns (SA)	King Prawns
Whiting	King George & Eastern School
<i>Australian Farmed</i>	<i>Marketed as...</i>
Barramundi	Barra
Cobia	Cobia
Murray Cod	Murray Cod
Blue Mussel	Mussel
Oysters	Sydney Rock, Native & Pacific Oysters
Prawns	Black Tiger, Kuruma & Banana Prawns

These species represent a **BETTER choice**. Species in this group are not currently overfished. They are generally resilient to fishing pressure, have history of stable catches or are caught or farmed using techniques that have a low environmental impact. Some of these species may still have some minor issues but are a better choice.

## Eat Less

<i>Aust. wild caught fish</i>	<i>Also marketed as...</i>
Barramundi (WA & NT)	Barra
Blue Grenadier	Cod, Hoki
Blue-eye Trevalla	Blue-Eye Cod
Blue Swimmer Crab (QLD)	Blue Manna
Bugs (WA)	
Flathead	Tiger Flathead, Deepwater Flathead, Dusky Flathead (QLD)
Mahi Mahi	Dolphinfish
Prawns	Western & Eastern King, Banana, Tiger, School & Endeavour Prawns
Red Emperor	Nannygai
Snapper	Pink Snapper (WA & SA), Goldband Snapper, Saddletail Snapper
Southern Rocklobster	Crayfish
Swordfish	Broadbill Swordfish
Tuna	Albacore & Yellowfin Tuna

**EAT LESS** of these species. Wild caught species in this group may be heavily targeted or caught using fishing methods that damage habitat or are associated with high levels of bycatch. There may be scientific uncertainty about the status of wild caught stocks and a level of fishing pressure that suggests caution is required. If farmed, the aquaculture method used has some conservation challenges.

## Say No

<i>Aust. wild caught fish</i>	<i>Also marketed as...</i>
Blue Warehou	Sea Bream
Gemfish	Hake
Mulloway	Jewfish
Orange Roughy	Deep Sea Perch
Shark	Flake
Snappe	Pink Snapper (QLD & NSW), Tropical Snapper
Southern Bluefin Tuna	Bluefin
<i>Australian Farmed</i>	<i>Also marketed as...</i>
Atlantic Salmon	Tasmanian/Smoked Salmon
<i>Imported</i>	<i>Also marketed as...</i>
Basa	Freshwater fillet, Royal Basa & Mekong Catfish
Blue Grenadier	Hoki
Farmed Prawns	Prawns, Shrimp
Tuna	Albacore, Yellowfin, Bigeye Tuna

**Say NO** to these species. Wild caught species in this group, whether Australian or imported, may be overfished or their capture heavily impacts our seas e.g. killing threatened or protected species as bycatch or damaging sensitive habitats. Farmed species include those produced by methods that place significant stress on our oceans.