



what's in season for *Autumn*



March

Fruit

Limes
Apples
Bananas
Berries
Grapes
Kiwifruit
Lemons
Mangos
Melons
Nectarine
Oranges
Papaya
Passionfruit

Peaches

Pears
Plums
Pomegranate
Rhubarb
Tamarillo

Vegetables

Cucumber
Eggplant
Leek
Lettuce
Onions
Peas
Potato
Asian Greens
Avocados
Beans
Capsicum
Celery
Chilli

Pumpkin
Spinach
Sweet corn
Sweet potato
Tomato
Zucchini

April

Fruit

Mandarin
Apples
Bananas
Grapes
Kiwifruit
Lemons
Limes
Nashi
Oranges
Passionfruit
Pears
Plums
Rhubarb

Vegetables

Carrots
Asian greens
Avocados
Beetroot
Broccoli
Brussels sprouts
Cabbage
Cauliflower
Celery
Eggplant
Fennel
Garlic
Ginger

Leeks
Lettuce
Mushrooms
Onions
Peas
Potato
Pumpkin
Spinach
Sweet potato
Tomato
Turnip
Zucchini

May

Fruit

Mandarin
Apples
Bananas
Grapes
Kiwifruit
Lemons
Limes
Pears
Rhubarb

Vegetables

Cauliflower
Asian greens
Avocados
Beetroot
Broccoli
Brussels sprouts
Cabbage
Carrots
Celery
Eggplant
Fennel
Garlic
Ginger
Leeks
Lettuce

Mushrooms
Onions
Parsnip
Peas
Potato
Pumpkin
Spinach
Sweet potato
Tomato
Turnip
Zucchini
Swede



