

what's in Season for *Winter*



June

Fruit

Apples
Grapefruit
Kiwifruit
Lemons
Limes
Mandarin
Oranges
Pears
Quince
Rhubarb

Vegetables

Carrots
Asian greens
Avocado
Beetroot
Broccoli
Brussels
sprout
Cabbage
Cauliflower
Celeriac
Celery
Fennel
Garlic
Ginger
Kale
Leeks
Onions
Parsnip
Peas
Potato
Pumpkin
Silverbeet
Spinach
Swede
Sweet potato
Turnip
Witlof

July

Fruit

Apples
Grapefruit
Lemons
Limes
Mandarin
Oranges
Papaya
Pineapple
Rhubarb

Vegetables

Carrot
Asian greens
Avocado
Beetroot
Broccoli
Brussels
sprout
Cabbage
Cauliflower
Celeriac
Celery
Fennel
Garlic
Ginger
Kale
Leeks
Onions
Parsnip
Potato
Pumpkin
Silverbeet
Spinach
Sweet potato
Turnip
Witlof
Swede

August

Fruit

Apples
Grapefruit
Lemons
Limes
Mandarins
Oranges
Pawpaw
Pineapple
Rhubarb

Vegetables

Carrots
Asian greens
Avocados
Beetroot
Broccoli
Brussels
sprout
Cabbage
Cauliflower
Celeriac
Celery
Fennel
Garlic
Ginger
Leeks
Onions
Parsnip
Potato
Pumpkin
Silverbeet
Spinach
Swede
Sweet potato
Turnip

