



What's in Season for

SPRING



*September*

Fruit

Apples

Grapefruit

Lemons

Mandarins

Oranges

Papaya

Pawpaw

Pineapples

Vegetables

Artichoke

Asian

greens

Asparagus

Avocados

Beans

Broccoli

Cabbage

Carrot

Cauliflower

Garlic

Ginger

Leek

Lettuce

Peas

Potato

Pumpkin

Silverbeet

Spinach

Spring Onions

*October*

Fruit

Grapefruit

Lemons

Mangos

Oranges

Papaya

Pawpaw

Pineapples

Strawberries

Vegetables

Artichoke

Asian

greens

Asparagus

Avocados

Beans

Broccoli

Choko

Cucumber

Garlic

Lettuce

Peas

Silverbeet

Spinach

Spring Onions

*November*

Fruit

Banana

Cherries

Grapefruit

Lychees

Mangos

Melons

Oranges

Papaya

Pawpaw

Pineapples

Strawberries

Vegetables

Artichokes

Asparagus

Avocados

Beans

Choko

Cucumbers

Lettuce

Peas

Snow peas

Spinach

Spring Onions

Sweet corn

Tomato

