



What's in Season for *Summer*

December

<u>Fruit</u>		<u>Vegetables</u>		
Lychees		Cucumbers		Sweetcorn
Apricots	Mangoes	Asparagus	Eggplant	Tomatoes
Bananas	Melons	Avocados	Lettuce	Watercress
Berries	Oranges	Beans	Onions (salad)	Zucchini
Cherries	Passionfruit	Capsicum	Peas	
Currents	Pineapples	Celery	Radish	
Lemons	Starfruit	Choko	Squash	

January

<u>Fruit</u>			<u>Vegetables</u>		
Lemons		Peaches	Choko		Peas
Apricots	Lychees	Pineapples	Asparagus	Cucumbers	Radish
Bananas	Mangos	Starfruit	Avocados	Eggplant	Squash
Berries	Melons	Tamarillo	Beans	Lettuce	Sweetcorn
Cherries	Nectarines		Capsicum	Okra	Tomatoes
Currants	Passionfruit		Celery	Onions (salad)	Zucchini

February

<u>Fruit</u>			<u>Vegetables</u>		
Lemons		Peaches	Cucumbers		Peas
Bananas	Lychees	Pears	Avocados	Daikon	Radish
Berries	Mangos	Plums	Beans	Eggplant	Squash
Figs	Melons	Rhubarb	Capsicum	Leeks	Sweetcorn
Grapes	Nectarines	Starfruit	Celery	Lettuce	Tomatoes
Guava	Oranges	Tamarillo	Chillies	Okra	Zucchini
Kiwifruit	Passionfruit		Choko	Onions	

