



WHAT'S IN SEASON IN WINTER

FRUIT

APPLES	MANDARIN	PAWPAW
GRAPEFRUIT	ORANGES	QUINCE
KIWIFRUIT	PAPAYA	RHUBARB
LEMONS	PEARS	
LIMES	PINEAPPLE	

VEGETABLES

ASIAN GREENS	CELERY	POTATO
AVOCADO	FENNEL	PUMPKIN
BEETROOT	GARLIC	SILVERBEET
BROCCOLI	GINGER	SPINACH
BRUSSELS SPROUT	KALE	SWEDE
CABBAGE	LEEKS	SWEET POTATO
CARROTS	ONIONS	TURNIP
CAULIFLOWER	PARSNIP	WITLOF
CELERIAC	PEAS	

