



WHAT'S IN SEASON IN

# SUMMER

## FRUIT

APRICOTS

KIWIFRUIT

PASSIONFRUIT

BANANAS

LEMONS

PEACHES

BERRIES

LYCHEES

PINEAPPLE

CHERRIES

MANGOS

PLUMS

FIGS

MELONS

STARFRUIT

GRAPES

NECTARINES

TAMARILLO

GUAVA

ORANGES

WATERMELON

## VEGETABLES

ASPARAGUS

CUCUMBERS

RADISH

AVOCADOS

DAIKON

SPRING ONIONS

BEANS

EGGPLANT

SQUASH

CAPSICUM

LEEKs

SWEETCORN

CELERY

LETTUCE

TOMATOES

CHILLIS

OKRA

WATERCRESS

CHOKO

PEAS

ZUCCHINI

