



WHAT'S IN SEASON IN SPRING

FRUIT

BANANA

LYCHEES

PAPAYA

CHERRIES

MANDARINS

PAWPAW

GRAPEFRUIT

MANGAO

PINEAPLES

LEMONS

MELONS

STRAWBERRIES

ORANGES

VEGETABLES

ARTICHOKE

CARROT

PEAS

ASIAN GREENS

CAULIFLOWER

POTATO

ASPARAGUS

CHOKO

SILVERBEET

AVOCADOS

CUCUMBERS

SNOW PEAS

BEANS

GINGER

SPINACH

BROCCOLI

LEEKS

SPRING ONION

CABBAGE

LETTUCE

SWEET CORN