

# Spring



## SEASONAL PRODUCE

SEPTEMBER	OCTOBER	NOVEMBER
artichokes	artichokes	artichokes
asparagus	asparagus	asparagus
avocado	avocado	avocado
brussels sprouts	brussels sprouts	beans
grapefruit	courgette	beetroot
kiwiberries	grapefruit	blueberries
kiwifruit (green/gold)	kiwiberries	boysenberries
leeks	kiwifruit (green/gold)	courgette
lemons	leeks	eggplant
mango	navel oranges	kiwifruit (green)
navel oranges	parsnip	navel oranges
parsnip	rhubarb	valencia oranges
rhubarb	swedes	parsnip
swedes	tangelos	parsnip
tangelos	watercress	peas
watercress	yams	snow peas
yams		strawberries
		swedes
		tangelos
		watercress

