

# summer

## SEASONAL PRODUCE



DEC	JAN	FEB
glade artichokes	brussel sprouts	brussel sprouts
asparagus	asparagus	-
-	sweet corn	sweet corn
beans (all)	beans (all)	beans (all)
beetroot	beetroot	beetroot
broccoli	broccoli	broccoli
bok choy	bok choy	bok choy
cabbage	cabbage	cabbage
capsicum	capsicum	capsicum
carrots	carrots	carrots
cauliflower	cauliflower	cauliflower
celery	celery	celery
-	chilli	chilli
courgette	courgette	courgette
cucumber	cucumber	cucumber
-	eggplant	eggplant
fennel bulbs	fennel bulbs	fennel bulbs
garlic	garlic	garlic
ginger	ginger	ginger
kale	kale	kale
kumura	kumura	kumura
leek	leek	lettuce
mushroom	mushroom	mushroom
onion	onion	onion
parsnip	-	parsnip
peas	peas	peas
potatoes	potatoes	potatoes
pumpkin	pumpkin	pumpkin
radish	radish	radish
silverbeet	silverbeet	silverbeet
spinach	spinach	spinach
spring onions	spring onions	spring onions

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DEC	JAN	FEB
apples	-	-
apricots	apricots	apricots
blackberries	blackberries	blackberries
blackcurrent	blackcurrent	-
blueberries	blueberries	blueberries
boysenberries	-	-
cherries	cherries	cherries
gooseberries	gooseberries	-
lemon	-	-
-	melon (honeydew/rock)	melon (honeydew/rock)
nashi pear	nashi pear	nashi pear
nectarine	nectarine	nectarine
orange	orange	orange
papaya	papaya	papaya
paw paw	paw paw	paw paw
peach	peach	peach
plum	plum	plum
pomegranate	pomegranate	pomegranate
raspberries	raspberries	raspberries
rhubarb	rhubarb	rhubarb
strawberries	strawberries	-
tomatoes	tomatoes	tomatoes
-	watermelon	watermelon