

LOOK WHAT'S IN SEASON NOW

GOOD
NESS
ME ♥

SPRING INTO SPRING

With the warmer weather starting- so too is plenty of locally grown, fresh produce. September through to November is the time when crisp spring vegetables and sprouts are picked from pods and pulled straight from the soil to add to a fresh spring salad. We also start to see a return of all our favourite summer fruits including mangoes and cherries.

BUYING FRESH SEASONAL PRODUCE NOT ONLY TASTES BETTER - BUT IT'S ALSO BETTER FOR YOU

Nothing can beat locally grown, fresh seasonal produce. Not only does in-season produce taste better and last longer, it's also more likely to have a higher nutritional value than produce grown out of season. Look out for the following in-season lines that will start to become available at your nearest supermarket or green grocer.

Spring What's in Season

Early Spring

Artichoke: Globe
Asian Leafy Greens
Beetroot
Broccoli
Cabbage
Carrot
Cauliflower
Celeriac
Celery
Fennel
Kohlrabi

Leeks
Lettuce Varieties
Mushrooms
Parsnip
Potato
Silverbeet
Spinach
Spring Onion
Sugar Snap Peas
Avocado (Hass)
Cucumber

Grapefruit
Cumquat
Lemons
Mandarins
Oranges
(Late Navels)
Blood Oranges
Pineapple
Pumpkin
Zucchini

Late Spring

Artichoke: Jerusalem
Asparagus
Asian Leafy Greens
(Bok Choy/Choy Sum)
Beetroot
Broccoli
Cabbage
Carrot
Cauliflower
Garlic (late)
Kohlrabi
Leeks
Lettuce Varieties

Mushrooms
Parsnip
Potato
Silverbeet
Spinach
Spring Onion
Sugar Snap Peas
Avocado (Hass)
Cherries
Chilies
Cucumber
Grapefruit

Lemons
Lychee
Mandarin,
(Honey Murcott)
Mango
Papaya
Passionfruit
Pineapple
Pumpkin
Strawberries
Tomatoes
Zucchini
Zucchini Flowers