

# LOOK WHAT'S IN SEASON NOW

**GOOD  
NESS  
ME** ♥

## SUMMER LOVE

With the warmer weather starting- so too is plenty of locally grown, fresh produce. December through to February is when South Australian produce is in abundance. This is stonefruit season with mangoes, nectarines, peaches, plums and cherries all in season. Punnets of plump and juicy strawberries are also available along with Honeydew, Rockmelon and Watermelon and an abundance of fresh vegetables and salads, these being at their absolute best throughout the summer months.

## 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

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## Summer What's in Season

### Early Summer

Asparagus  
Beetroot  
Brown Onions  
Capsicum  
Carrots  
Cos Lettuce  
Garlic  
Leeks  
Lettuce Varieties  
Parsnip  
Potato  
Radish  
Rocket  
Silverbeet  
Snow Peas

Spring Onions  
Squash  
Sugar Snap Peas  
Radish  
  
Apricots  
Avocado (Hass)  
Berries: Strawberries,  
Blackberries, Blueberries  
Cherries  
Chilies  
Cucumber  
Eggplant  
Mango  
Melons: Honeydew

Melons: Rockmelon  
Melons: Watermelon  
Peaches,  
Yellow & White  
Papaya  
Passionfruit  
Pineapple  
Plum  
Rhubarb  
Strawberries  
Tomatoes  
Zucchini

### Late Summer

Asparagus  
Beetroot  
Brown Onions  
Capsicum  
Carrots  
Cos Lettuce  
Garlic  
Leeks  
Lettuce Varieties  
Parsnip  
Potato  
Radish  
Rocket  
Silverbeet

Snow Peas  
Spring Onions  
Squash  
Sugar Snap Peas  
  
Apricots  
Avocado (Shepard)  
Berries: Strawberries,  
Blackberries, Blueberries  
Chilies  
Eggplant  
Figs  
Grapes  
Mangoes

Melons: Honeydew  
Melons: Rockmelon  
Melons: Watermelon  
Nectarines  
Oranges (Valencia)  
Papaya  
Passionfruit  
Peaches,  
Yellow & White  
Pineapple  
Plums  
Radish  
Tomatoes  
Zucchini