Healthy Cities Australia

FOOD FAIRNESS ILLAWARRA

ILLAWARRA GUIDE TO SEASONAL EATING

Cuts out the long period food can be stored & travel before it reaches your plate.

Fresher, healthier and often cheaper!

Supports the Australian economy, farms & jobs.

SUMMER

FRUIT
Apples, Apricots, Bananas, Blueberries, Figs, Grapes, Lychees, Mangoes, Nectarines, Passionfruit, Pawpaw, Peaches, Pears, Plums, Raspberries, Strawberries & Watermelon.

HERBS
Basil, Chilli, Chives, Garlic, Ginger, Lemongrass, Mint, Oregano, Parsley, Rosemary, Sage & Thyme.

VEGGIES
Beetroot, Capsicum, Carrots, Celery, Corn, Cucumbers, Eggplants, Green beans, Lettuce, Mushrooms, Onions, Pumpkins, Radishes, Rocket, Shallots, Silverbeets, Squash, Sweet corn, Sweet potatoes, Tomatoes & Zucchini.

AUTUMN

FRUIT
Apples, Bananas, Figs, Kiwi fruit, Limes, Mangoes, Olives, Passionfruit, Pawpaw, Pears, Pomegranates, Raspberries & Strawberries.

HERBS
Basil, Chilli, Chives, Coriander, Dill, Ginger, Lemongrass, Mint, Oregano, Parsley, Rosemary, Sage & Thyme.

VEGGIES
Asparagus, Beetroot, Capsicum, Carrots, Corn, Cucumbers, Green beans, Kale, Lettuce, Mushrooms, Pumpkins, Radishes, Rocket, Shallots, Silverbeets, Squash, Sweet potatoes & Tomatoes.

SPRING

FRUIT
Avocados, Bananas, Blueberries, Cherries, Lemons, Mulberries, Nectarines, Oranges, Pawpaw, Peaches, Plums & Strawberries.

HERBS
Basil, Chives, Coriander, Dill, Garlic, Ginger, Lemongrass, Mint, Oregano, Parsley, Rosemary, Sage, Thyme.

VEGETABLES
Asparagus, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Chinese Greens, Corn, Kale, Leek, Lettuce, Mushrooms, Onions, Parsnips, Peas, Potatoes, Radishes, Rocket, Shallots, Spinach, Squash, Tomatoes & Zucchini.

WINTER

FRUIT
Avocados, Bananas, Grapefruit, Lemons, Limes, Mandarins & Oranges.

HERBS
Chives, Coriander, Dill, Ginger, Lemongrass, Mint, Oregano, Parsley, Rosemary, Sage & Thyme.

VEGETABLES
Beetroot, Broccoli, Cabbage, Cauliflower, Chinese greens, Kale, Leek, Lettuce, Peas, Potatoes, Radishes, Rocket, Shallots, Silverbeets & Spinach.