GUIDE TO ILLAWAWARRA

Fresher, healthier and often cheaper!

Supports the Australian economy, farms & jobs.

ILLAWAWARRA FOOD FAIRNESS

SUMMER

FRUIT
Apples, Apricots, Bananas, Blueberries, Figs, Grapes, Lychees, Mangos, 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, Mangos, 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.