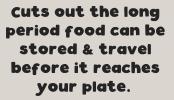


## ILLAWAWARRA GUIDE TO SEASONAL EATING



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.











