



# 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.