



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.