

What's in season - June



Eating with the seasons makes a lot of sense - not only is it cheaper, but the fruit and vegies you buy will generally taste a whole lot better! So here's what's in season this June:

Fruit

Bananas

Carambola

Chestnuts

Custard apples

Fuji apples

Grapefruit

Kiwifruit

Lemons

Limes

Mandarins

Nashi

Navel oranges

Packham pears

Panama passionfruit

Pears

Persimmons

Pink lady apples

Quinces

Red delicious apples

Rhubarb

Ruby red grapefruit

Vegetables

Baby fennel

Baby red capsicums

Beetroot

Broccoli

Brown onions

Brussels sprouts

Cabbage

Carrots

Cauliflower

Celeriac

Celery

Chinese greens

Dutch carrots

English spinach

Fennel

Gai lan (Chinese broccoli)

Garlic

Ginger

Jerusalem artichokes

Kumara or sweet potatoes

Leeks

Parsnips

Potatoes

Pumpkin

Rosemary

Sage

 [Silverbeet](#)

 [Spinach](#)

 [Witlof](#)