

What's in season - July



Photography by Steve Brown

Eating with the seasons means more money in your pocket and better tasting ingredients on your plate. So here's what's in season this July:

Fruit

Avocados

Custard apples

Fuji apples

Grapefruit

Kiwifruit

Lemons

Limes

Mandarins

Nashi

Navel oranges

Pineapple

Pink lady apples

Quinces

Red delicious apples

Rhubarb

Vegetables

Beetroot

Broccoli

Broccolini

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

Olives

Parsnips

Potatoes

Pumpkin

Silverbeet

Spinach

Witlof