

What's in season - October



It's the second month of spring, so find out what fruit and vegetables are at their very best and cheapest right now:

Fruit

Bananas

Blueberries

Carambola/starfruit

Grapefruit

Lemons

Mangoes

Oranges

Passionfruit

Pineapple

Red papaya

Rockmelon/cantaloupe

Strawberries

Tangelo

Vegetables

Artichokes

Asparagus

Beetroot

Broccoli

Cucumber

Chillies

Chinese greens

Gai lan (Chinese broccoli)

Garlic

Green asparagus

Green beans

Hass avocados

Kaffir lime leaves

Lettuce

Mushrooms

Onions

Peas

Potatoes

Silverbeet

Spinach

Spring onions/green shallots

Zucchini

