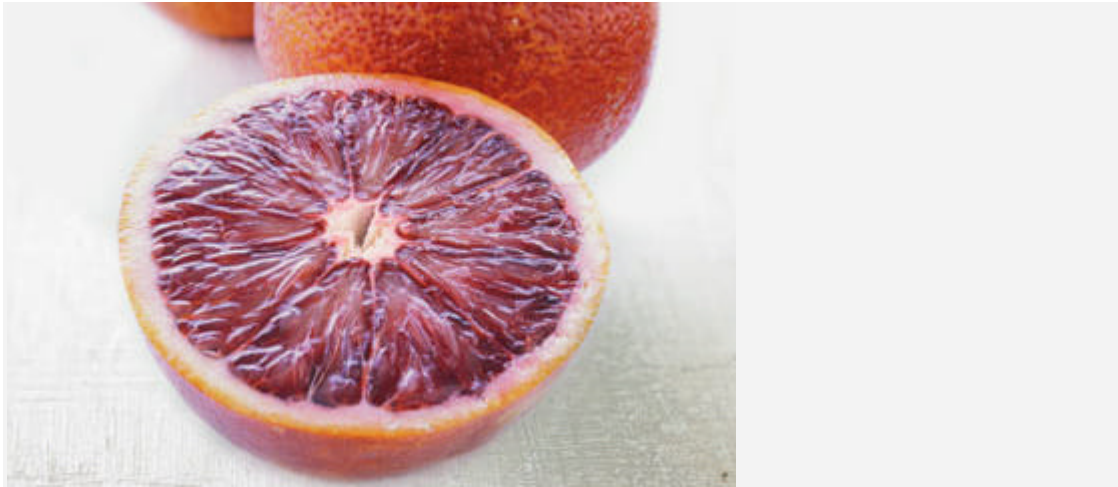


What's in season - August



This month, the best tasting and cheapest fruit and vegetables are likely to be in season - so here's a guide to what's good in August:

Fruit

Blood oranges

Custard apples

Fuji apples

Grapefruit

Kiwifruit

Lemons

Limes

Mandarins

Nashi

Navel oranges

Pineapple

Rhubarb

Strawberries

Tangelo

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