

What's in season - September



Spring has finally sprung and there's a whole new crop of fruit and vegetables coming into season. In September, you will find the best value and quality by cooking with:

Fruit

Blood oranges

Grapefruit

Lemons

Mandarins

Oranges

Pineapple

Red papaya

Rockmelon/cantaloupe

Strawberries

Tangelo

Vegetables

Artichokes

Asparagus

Avocados
Broccoli
Broccoflower
Cabbage
Carrots
Cauliflower
Chillies
Chinese greens
Gai lan (Chinese broccoli)
Garlic
Ginger
Green asparagus
Green beans
Hass avocados
Leeks
Lettuce
Mushrooms
Onions
Peas
Potatoes
Pumpkin
Silverbeet
Spinach

Spring onions/green shallots

Vine sweet minicaps