

Warm Up this Winter with Fruit and Veg.

June - August



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FRUIT VEG

An Australian Government, State and Territory health initiative.

What's in season

FRUIT: Apples (Fuji, Royal Gala, Golden Delicious, Granny Smith, Hi Early, Jonagold, Lady Williams, Pink Lady, Red Delicious), Bananas, Custard Apples, Feijoas, Grapefruit, Honey Dew, Kiwi Fruit, Lemons, Limes, Mandarin, Nashis, Oranges (Navel, Valencia), Pawpaw, Papaya, Passionfruit, Pears (Buerre Bosc, Corella, Josephine, Lemon Bergamot, Packham, Red Anjou, Winter Nellis), Pineapple, Rhubarb, Starfruit, Strawberries, Tamarillos, Tangelos, Watermelons.

VEGETABLES: Artichokes (Globe, Jerusalem), Avocado, Beans (Green, Butter), Beetroot, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Capsicums (Gold, Green), Carrots, Cauliflower, Celeriac, Celery, Chokos, Cucumbers, Fennel, Horseradish, Kale, Leek, Lettuce, Marrow, Mushrooms, Okra, Onions, Parsnip, Peas, Potatoes (Bison, Coliban, Desiree, Gourmet, Lasoda, Sebago), Pumpkins (Blue, Butternut, Golden Nugget, Jarradale, Jap), Radish, Salsify, Shallots, Silverbeet, Spinach, Squash, Swedes, Sweet Corn, Sweet Potato, Taro, Tomatoes, Turnip, Witlof, Zucchini.

*Bold represents SA grown

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Government of South Australia
Department of Health