

Spring to life with Fruit and Veg!

September - November

Spring is a time of renewal and a great time to improve your diet! A key aim for most South Australians is to eat more fruit and vegetables, to Go for 2 fruit and 5 veg every day.

Go for produce that is in season. It usually provides better value for money and tastes better than produce that is not in season.

Take action this Spring. Enjoy fresh fruit and veg.

WHAT'S IN SEASON

FRUIT:

Apples

Bananas

Blueberries

Cherries

Cumquats

Dates

Grapefruit

Honey Dew

Kiwi Fruit

Lemons

Limes

Mangoes

Nashis

Oranges

Pawpaw

Papaya

Passionfruit

Pears

Pineapple

Rhubarb

Starfruit

Strawberries

Tamarillos

Tangelos

Watermelons

VEGETABLES:

Artichokes

Asparagus

Avocado

Beans

Beetroot

Bok Choy

Broccoli

Brussels Sprouts

Cabbage

Capsicums

Carrots

Cauliflower

Celeriac

Celery

Chicory

Cucumbers

Eggplant

Fennel

Horseradish

Leeks

Lettuce

Lobok

Mushrooms

Okra

Onions

Parsnips

Peas

Potatoes

Pumpkins

Radish

Salsify

Shallot Bulbs

Shallots

Silverbeet

Spinach

Squash

Swedes

Sweet Corn

Sweet Potatoes

Taro

Tomatoes

Turnip

Witlof

Zucchini



Go for 2 & 5[®]
FRUIT VEG

An Australian Government, State and Territory health initiative.



Government
of South Australia

Department of Health