

Smart Summer \$pend with Fruit and Veg!

December - February



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FRUIT VEG

An Australian Government, State and Territory health initiative.

What's in season

FRUIT: Apples (Granny Smith, Hi Early, Lady Williams, Pink Lady, Red Delicious, Sundowner), Apricots, Bananas, Blueberries, Boysenberries, Cherries, Currants, Dates, Figs, Grapes, Grapefruit, Honey Dew, Lemons, Limes, Lychee, Mangoes, Nectarines, Oranges (Valencia), Pawpaw, Papaya, Passionfruit, Peaches, Pears (Duchess, Paradise), Pineapples, Plums, Rhubarb, Rockmelon, Starfruit, Strawberries, Watermelon.



VEGETABLES: Asparagus, Avocado (Greenskin, Hass), Beans (Butter, Green), Beetroot, Bok Choy, Broccoli, Broccolini, Cabbages (Common, Chinese), Capsicums (Gold, Green, Red), Carrots, Cauliflowers, Celeriac, Celery, Chokos, Cucumbers, Eggplant, Fennel, Horseradish, Lettuce, Mushrooms, Okra, Onions (Brown, Red, White), Peas (Green, Snow, Sugarsnap), Potatoes (Bison, Coliban, Desiree, Gourmet), Pumpkins (Blue, Butternut, Golden Nugget, Jarradale, Jap), Radish, Salsify, Shallot Bulbs, Shallots, Silverbeet, Spinach, Squash, Swedes, Sweet Corn, Sweet Potatoes, Taro, Tomatoes, Turnips, Witlof, Zucchini.



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Government of South Australia
Department of Health