

Seasonal
**FRUIT &
VEGETABLES**



SPRING FRUIT & VEGETABLES

FRUIT			VEGETABLES		
avocados	kumquats	pawpaw	asparagus	courgettes	parsnips
apricots*	kiwi	peaches	artichoke	cucumber	peas
blackberries*	lemons	plums*	baby marrow	garlic	rhubarb
bananas	limes	raspberries	beetroot	green beans	spinach
cape gooseberry	melons	rhubarb	broad beans	leeks	swiss chard
cherries*	mulberries	spanspek*	broccoli	mushrooms	spring onion
grapefruit	naartjies	strawberries	cabbage	mielies	turnips
guava	oranges	watermelons*	cauliflower	parsley	waterblommetjies

* comes into season in November

SUMMER FRUIT & VEGETABLES

FRUIT			FRUIT		
apricots	guavas	pears	asparagus	courgettes	rhubarb
apples	kiwi	plums	artichokes	endive	spinach
bananas	lemons	pomegranates	aubergine	garlic	spring onion
blackberries	litchies	prickly pears	beetroot	green beans	sweet peppers
blueberries	mangoes	quince	butternut	kohlrabi	swiss chard
cherries*	melons	spanspek	cabbage	mangetout	turnips
elderberries	nectarines	strawberries	celery	mealies	sugar snap peas
figs	pawpaw	tomatoes	chillies	mushrooms	zucchinni
grapes	peaches	watermelon	chives	raddichio	bell peppers

* available 1-2 weeks only

AUTUMN FRUIT & VEGETABLES

FRUIT			VEGETABLES		
apples	lemons	pomegranates	aubergine	chives	mielies
avocado	mangoes	quince	beetroot	courgette	mushrooms
bananas	oranges	spanspek	broccoli	endive	peas
figs	pawpaw	tomatoes	Brussels sprouts	green beans	parsnips
grapes	peaches	watermelon	cabbage	horseradish	spinach
gooseberries	pears	prickly pears	cauliflower	kale	sweet peppers
guavas	plums	granadillas	celery	leeks	turnips

WINTER FRUIT & VEGETABLES

FRUIT			VEGETABLES		
apples	guavas	plums	asparagus	celery	pakchoi
avocado	lemons	pomegranates	artichoke	celeriac	parsnips
bananas	mangoes	quince	beetroot	endive	peppers
figs	oranges	satsuma	broad beans	garlic	rhubarb
grapes	pawpaw	spanspek	broccoli	horseradish	swiss chard
gooseberries	peaches	tomatoes	brussels sprouts	kohlrabi	spinach
grapefruit	pears	watermelon	cabbage	leeks	spring onion
guavas	plums	granadillas	cauliflower	mushrooms	turnips

IN SEASON THROUGHOUT THE YEAR

FRUIT & VEGETABLES			
bananas	cucumber	lettuce	pumpkin
butternut	gem squash	onion	radish
carrots	lemon	potato	sweet potato