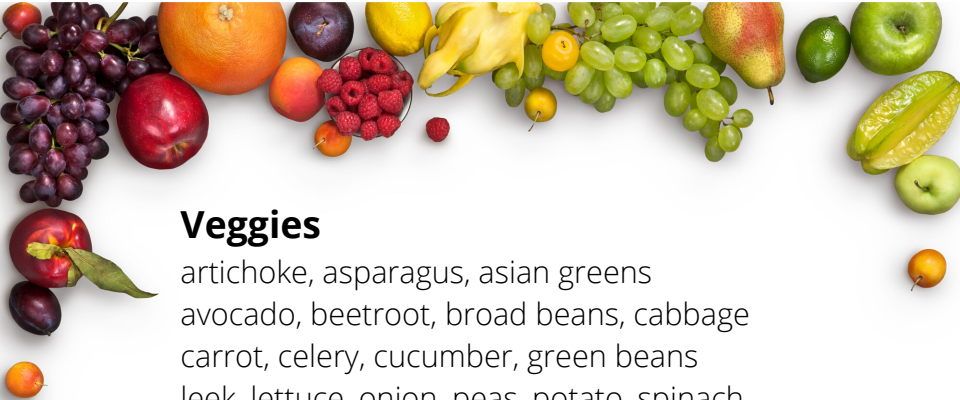


Seasonal Food November



Veggies

artichoke, asparagus, asian greens
avocado, beetroot, broad beans, cabbage
carrot, celery, cucumber, green beans
leek, lettuce, onion, peas, potato, spinach,
spring onion, tomato, watercress
zucchini flower

Fruit

apricot, banana, blueberry, cherry, cumquat,
grapefruit, lemon, lime, loganberry, lychee,
mango, orange, papaya, pawpaw, pineapple,
raspberry, rhubarb, starfruit, strawberry

Herbs

bay leaf, chervil, chives, coriander, dill,
marjoram, mint, oregano, sage, sorrel,
tarragon, thyme

