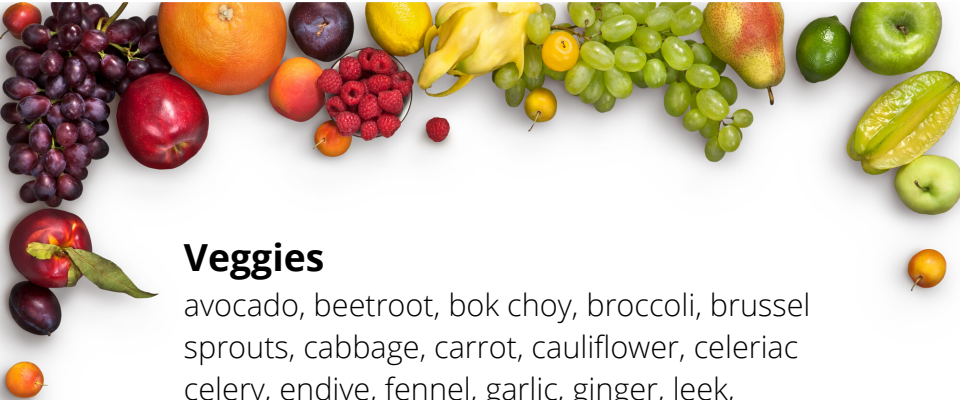


June Seasonal Food



Veggies

avocado, beetroot, bok choy, broccoli, brussel sprouts, cabbage, carrot, cauliflower, celeriac, celery, endive, fennel, garlic, ginger, leek, jerusalem artichoke, kohlrabi, okra, olive, onion, parsnip, peas, potato, pumpkin, shallots, silverbeet, spinach, spring onion, squash, swede, sweet potato, turnip, witlof

Fruit

apple, banana, cumquat, custard apple, grapes, kiwi, lemon, lime, mandarin, orange, passionfruit, pear, persimmon, quince, rhubarb

Nuts

chestnut, hazelnut, walnut

