

It's Easy with Autumn Fruit and Veg!

March – May

It's easy to find a way to get some extra fruit and vegies in your day this Autumn. Explore new tastes. Try something new from the huge variety of locally grown fruit and veg.

Check out the fantastic variety of South Australian and Australian grown fruit and veg available now.

AUTUMN FRESH FRUIT AND VEG

FRUIT:

Apples (Golden Delicious, Granny Smith, Hi Early, Jonathan, Jonagold, Red Delicious)
Bananas
Blackberries
Blueberries
Mulberries
Raspberries
Strawberries
Custard Apples
Dates
Figs
Grapes
Grapefruit
Guavas
Honey Dew
Kiwifruit
Lemons
Limes
Nashis
Oranges (Valencia)
Pawpaw
Papaya
Pears (Buerre Bosc, Corella, Duchess, Josephine, Lemon Bergamot, Packham, Red Anjou, Paradise, Winter Nellis)
Pineapples
Pomegranates
Rhubarb
Rockmelon
Starfruit
Watermelon

* **Bold** represents SA grown

VEGETABLES:

Artichokes (Globe, Jersulam)
Avocado (Hass, Greenskin)
Beans (Green, Butter)
Beetroot
Bok Choy
Broccoli
Broccolini
Brussels Sprouts
Cabbages (Common, Chinese)
Capsicums (Gold, Green, Purple, Red)
Carrots
Cauliflowers
Celeriac
Celery
Chokos
Cucumbers
Eggplant
Fennel
Horseradish
Leek
Lettuce
Marrow
Mushrooms
Okra
Onions (Brown, Red, White)
Parsnips
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
Tomatoes
Turnips
Witlof
Zucchini



Go for **2&5**[®]
FRUIT VEG



Government of South Australia

An Australian Government, State and Territory health initiative.

Department of Health