

Smart Summer Spend with Fruit and Veg!

December - February

Get value for money this Summer by buying fruit and vegetables in season. Summer stone fruit and cherries are delicious and ready to add that extra Christmas cheer.

Summer vegies are at their peak and salads made from fresh local produce are a great way to an extra serve of vegies to your day.

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

SUMMER FRESH FRUIT AND VEG

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

* **Bold Represents
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FRUIT VEG

An Australian Government, State and Territory health initiative.



Government
of South Australia
Department of Health