JANUARY

SEASONAL PRODUCE GUIDE

VEGETABLES

Asparagus
Green beans
Capsicums
Celery
Cucumber
Eggplants
Hass avocados
Lettuce
Peas
Potatoes
Radish
Snow peas
Spring onions
Sugar snap peas
Sweet corn
Zucchini

FRUITS

Apricots
Bananas
Blackberries
Blueberries
Cherries
Grapes
Honeydew melons
Lemons
Limes
Lychees
Mangoes
Mangosteens
Nectarines
Passionfruit
Peaches
Pears
Pineapples
Plums
Rockmelon
Rambutan
Raspberries
Starfruit
Strawberries
Valencia oranges
Watermelon

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