



Winter Produce

Vegetables

Artichoke	Parsnip
Asian greens	Peas
Avocado	Potato
Beans	Pumpkin
Beetroot	Radish
Broccoli	Shallot
Brussel sprouts	Silverbeet
Cabbage	Spinach
Carrot	Spring onion
Cauliflower	Squash
Daikon	Swede
Eggplant	Sweet potato
Fennel	Tomato
Leek	Turnip
Lettuce	Watercress
Mushrooms	Witlof
Okra	Zucchini
Onion	

Herbs and Spices

Basil	Mint
Chervil	Oregano
Chilli	Parsley
Chives	Rosemary
Coriander	Sage
Dill	Tarragon
Garlic	Thyme
Ginger	
Lime leaves (kaffir)	
Lemongrass	

Fruit

Apple	Honeydew
Asparagus	Lemon
Avocado	Lime
Blueberries	Loquat
Rockmelon	Lychee
Cherry	Mandarin
Cumquat	Mango
Grapefruit	Orange