What’s In Season – May

Although there are only 2 weeks of May left, most of the organic fruit and vegetables for winter start in May. Check out apples and pears, which are flourishing now! Good reason to make our Poached Pear recipe!

| Fruit  | Variety/Comment | Vegetables | Variety/Comment |
| --- | --- | --- | --- |
|  |  |  |  |
| Apples | Fuji, Granny Smith, Gala, Jonathan, Pink Lady, Red Delicious, Royal Gala | **Beans** | Green |
| Avocado |  | **Beetroot** |  |
| Banana | Cavendish, Lady finger | **Broccoli** |  |
| Feijoa |  | **Brussels Sprouts** |  |
| Grapes | Autumn Royal, Black Muscat, Seedless Crimson, Red Emperor, Red Globe | **Cabbage** | Drum, Red, Sugarloaf |
| Kiwifruit |  | **Capsicum** | Red |
| Lemons |  | **Carrot** | Red and purple |
| Limes |  | **Cauliflower** |  |
| Mandarins | Imperial | **Celery** |  |
| Nashi |  | **Chillies** | Mixed colours |
| Oranges | Navel, Valencia | **Cucumber** | Green, Lebanese, White |
| Paw Paw |  | **Edible Flowers** |  |
| Pears | Buerre Bosc, Corella, Red sensation, Williams,  | **Garlic** |  |
| Pineapple |  | **Ginger** |  |
| Plums | October Sun | **Kale** |  |
| Strawberry |  | **Leeks** |  |
|  | **Lettuce** | Cos, Mesculan, Rocket, mixed leaves |
| **Mushrooms** | Button, Swiss Brown |
| **Onions** | Brown, Red, Green onions |
| **Parsnip** |  |
| **Potatoes** | Dutch Cream, King Edward, Nicola, Sebago |
| **Pumpkin** | Butternut, Jap |
| **Silverbeet** |  |
| **Snow Peas** |  |
| **Spinach** | English, Baby |
| **Sprouts** | Alfalfa, Broccoli, Mung bean, salad, sunflower |
| **Squash** | Yellow |
| **Sweet potato** | Gold, White |
| **Tomato** | Cherry, Roma, Round,  |
| **Tumeric** |  |
| **Zucchini** |  |