January Seasonal Shopping List

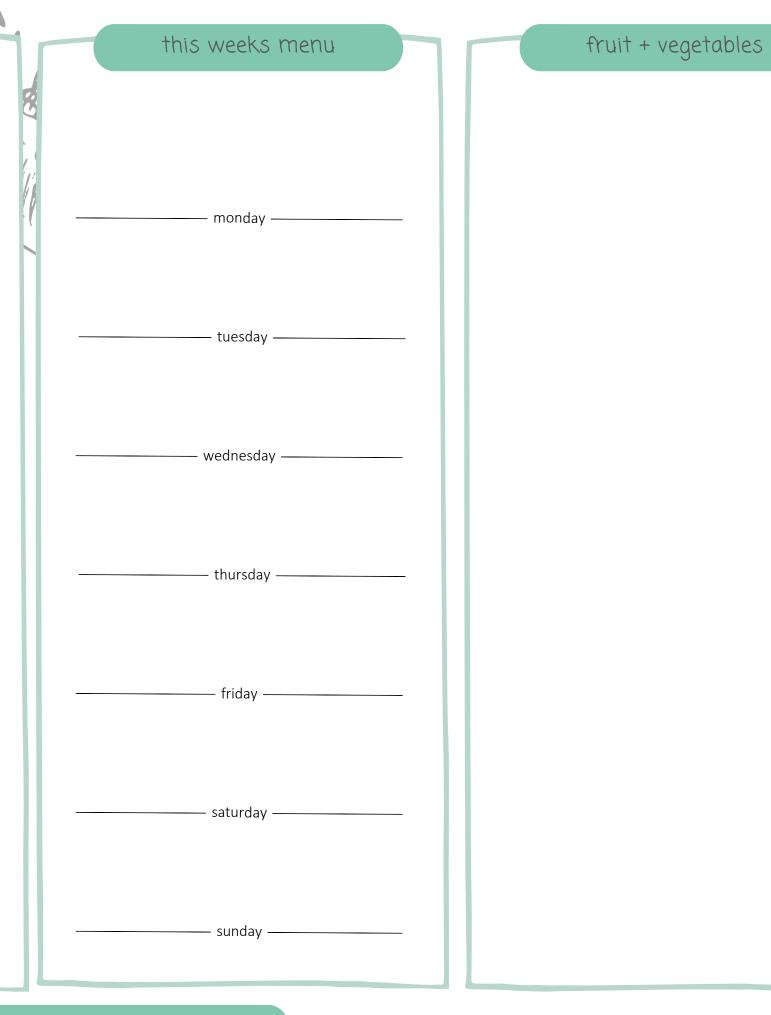
what's in season?

No.

fruit

apricots, asparagus, avocado, bananas, beans, blackberries, blueberries, boysenberries, cherries, honeydew, lemons, lychee, mango, nectarines, passionfruit, peaches, pineapples, plums, prickly pear, rambutan, raspberries, rockmelon, starfruit, strawberries, tamarillo, watermelon.

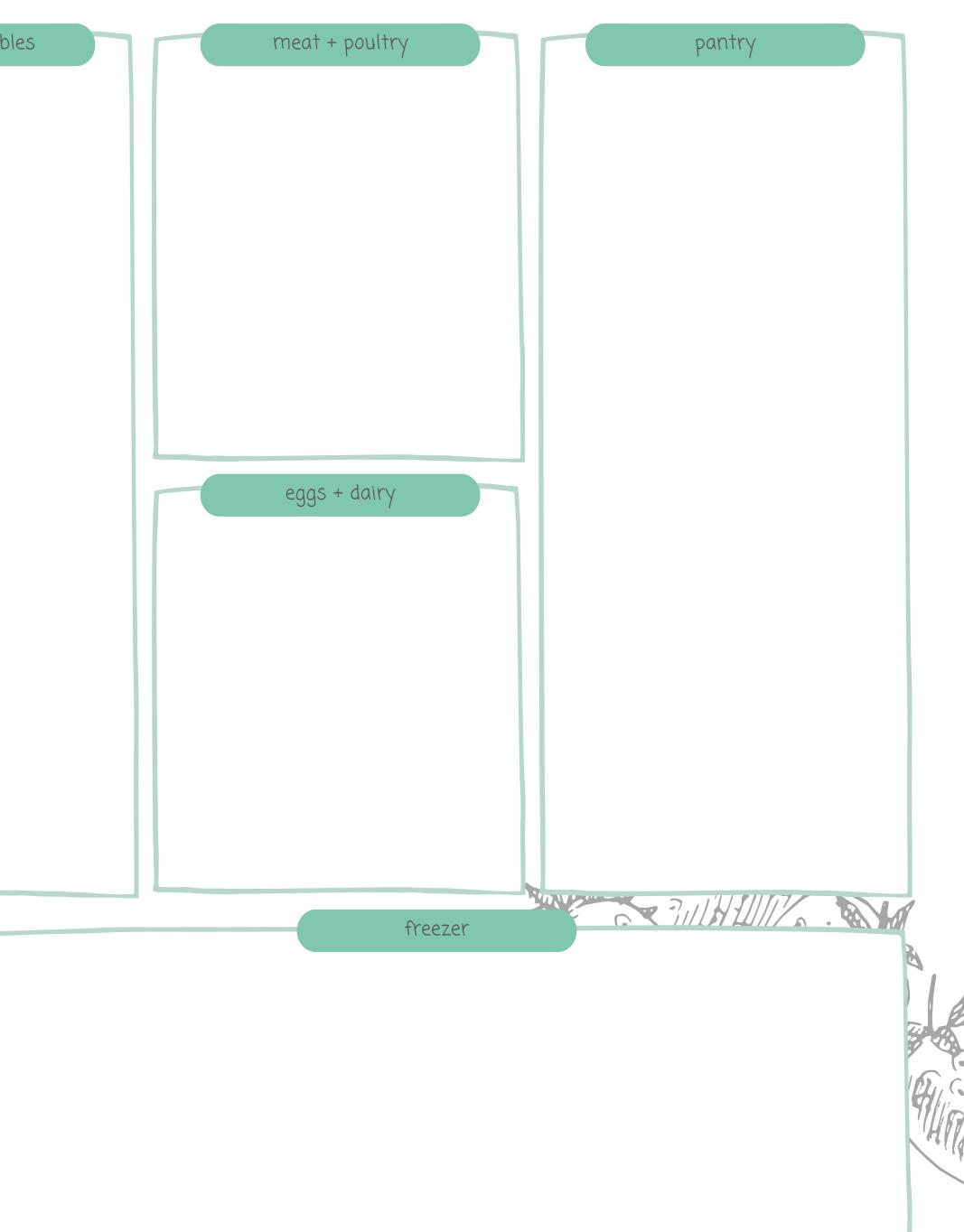
vegetables capsicum, celery, cucumber, eggplant, lettuce, okra, onions, peas, radish, spring onion, squash, sweetcorn, tomato, zucchini



lunchbox prep



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