

SEASONAL GROCERY SHOPPING GUIDE

WINTER PRODUCE

APPLES	LEMONS
AVOCADO	LIMES
BEETROOT	ONIONS
BROCCOLI	ORANGES
BRUSEEL SPROUTS	PAPAYA
CABBAGE	PARSNIPS
CARROTS	PEAS
CAULIFLOWER	PEARS
CELERY	POTATO
FENNEL	PUMPKIN
GARLIC	QUINCE
GINGER	RHUBARB
GRAPEFRUIT	SPINACH
KIWI	SWEET POTATO
LEEKS	TURNIP

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