



## good living **in season**

### IN AND OUT

**Apples** Bit of a lucky dip so long after harvest time.

**Asparagus** All colours are good.

**Bananas** Shortages due to dry weather in Queensland.

**Broad beans** Plenty around.

**Broccoli** Good flavour.

**Cherries** Prices good for small sizes.

**Figs** Green varieties from Rockhampton.

**Grapes** Fruit from Australia and US.

**Lemons** Hunt for local fruit, most is from the US.

**Mangoes** Kensington pride, honeygold and R2E2 have best flavour (see recipe, right).

**Onions** New-season brown onions from South Australia.

**Peaches** Choose fruit not green at stem end.

**Tomatoes** Plenty of tasty varieties to choose.

