

Good = 
Average = 
Bad = 

BEST BUYS

SOMETHING DIFFERENT

APPLES



BANANA



BERRIES



CITRUS



FIG



GRAPE



GRAPEFRUIT

KIWIFRUIT



LEGUMES

MELON



PASSIONFRUIT

**PAW PAW /
PAPAYA**

PEAR



Good =



Average =



Bad =



PINEAPPLE



POMEGRANATE



STONEFRUIT



EXOTIC FRUIT

ARTICHOKE

ASPARAGUS



AVOCADO



BEAN



BEETROOT



BROCCOLI



BROCCOLINI

BRUSSEL SPROUTS

CABBAGE

CAPSICUM



CARROT



Good =



Average =



Bad =



CAULIFLOWER



CELERIAC



CELERY



CHILLI



CUCUMBER



CORN



EGGPLANT



FENNEL



**GARLIC /
GINGER**

LEEK



RADISH

LETTUCE



MUSHROOM



ONION



PEAS



Good =



Average =



Bad =



**PARSNIP, TURNIP
& SWEDE**

PUMPKIN



POTATO



TOMATO



ZUCCHINI



GREENS



GREENS



HERBS



ASIAN VEGGIES



TRUFFLE



NATIVE PRODUCTS