

## FRUITS WE RECOMMEND

| MONTH                                  | FRUITS                                    |
|--|---|
| march & april                          | apples & rhubarb                          |
| may                                    | rhubarb & strawberries                    |
| june, july & august                    | mixed berries (strawberries, raspberries) |
| september                              | blackberries, apples, pears & plums       |
| october                                | apples, pears, quinces & blackberries     |
| november, december, january & february | apples, pears & citrus                    |