

Springtime

GROCERIES LIST

FRESH & JUICY (and seasonal!)

- BERRIES (Blueberries, raspberries)
- APRICOTS
- MELON
- ORGANIC YOGHURT
- NUTS
- RHUBARB
- PAK CHOI
- LETTUCE
- ONION
- SPRING ONION
- NECTARINES
- GRAPEFRUITS
- DRIED FRUITS
- DARK CHOCOLATE
- CAULIFLOWERS
- PEPPER
- NEW POTATOES
- SPINACH
- WATERCRESS

PLANT YOUR OWN (save money!)

- SPICY PEPPERS
- TOMATOES
- BASIL, CORIANDER & PARSLEY

KEEP IN MIND

- APPLES & PEARS are in season in Autumn, not Spring
- MEATS & DAIRY are better organic ❤️
- STRAWBERRIES & WATERMELON taste better in the summer