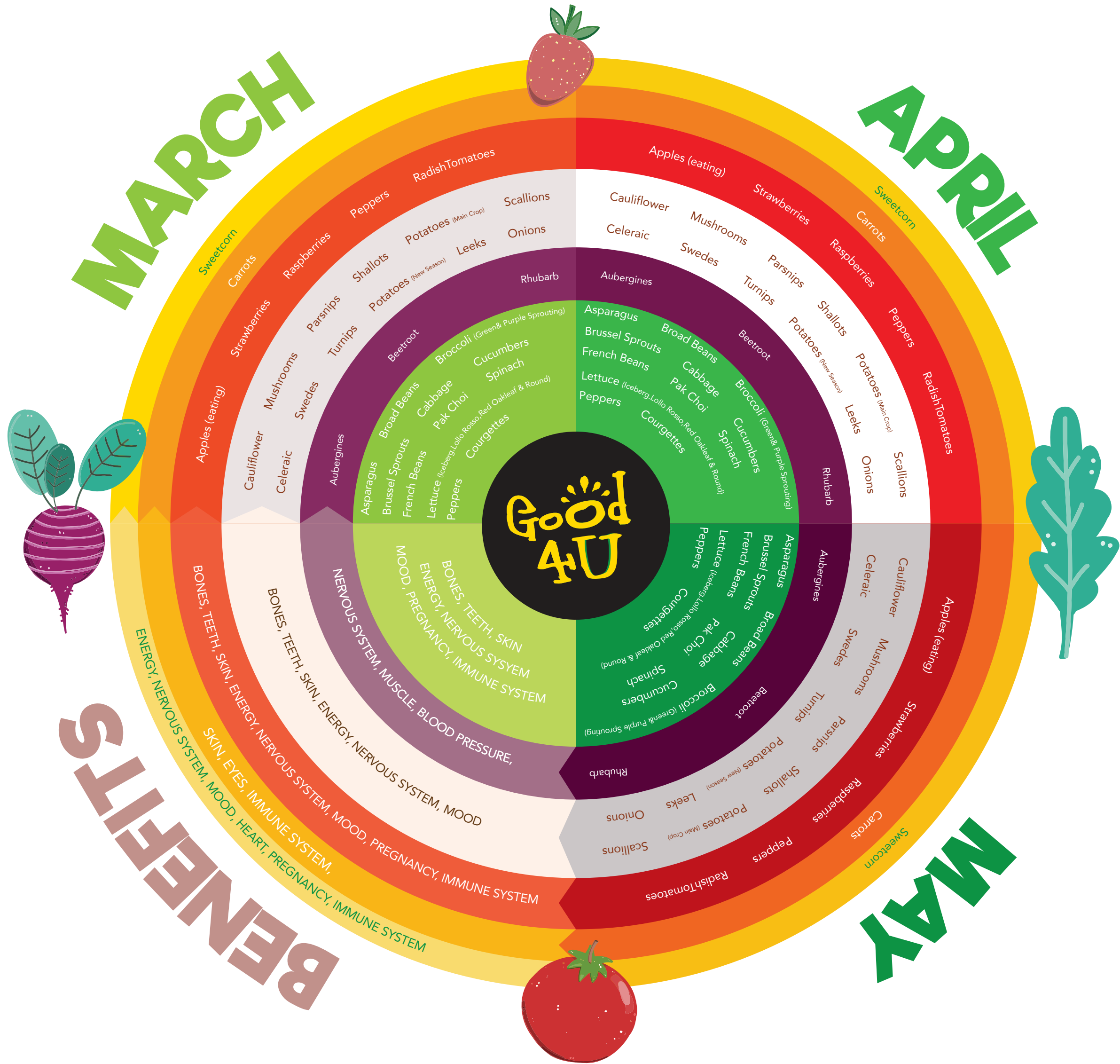


What's in Season this Spring?



A colour coded guide for in season fruit and veg and their benefits for March, April & May