



Whole Natural Kitchen

RAINBOW SEASONAL

PRODUCE: **APRIL**

Red

- Apples
- Dragonfruit
- Finger Limes
- Grapes
- Guavas
- Pomegranates
- Tamarillos
- Capsicum

Orange/Yellow

- Bananas
- Dates
- Mandarins
- Passionfruit
- Persimmons
- Quinces
- Capsicum
- Pumpkins

Green

- Apples
- Avocados
- Custard Apples
- Finger Limes
- Grapes
- Guavas
- Kiwifruits
- Limes
- Nashi Pears
- Pears
- Asian Greens
- Broccoli
- Brussles Sprout
- Cabbages
- Capsicum
- Kale
- Okra
- Silverbeet
- Spinach
- Swiss Chard
- Watercress

Purple/Blue

- Cabbages
- Eggplants
- Potatoes

White

- Dragonfruit
- Cauliflower
- Chestnuts
- Eschallots
- Fennel
- Leeks
- Mushrooms
- Potatoes
- Turnips

HERBS:	Basil	Chives	Oregano	Tarragon
	Chervil	Coriander	Rosemary	Thyme