



# Whole Natural Kitchen

## RAINBOW SEASONAL PRODUCE: **AUGUST**

### Red

### Orange/Yellow

### Green

### Purple/Blue

### White

- Apples
- Blood oranges
- Grapefruits
- Red Pears
- Rhubarb
- Tamarillos
  
- Beetroot
- Radishes

- Apples
- Bananas
- Cumquats
- Custard apples
- Ginger
- Grapefruits
- Lemons
- Mandarins
- Oranges
- Persimmon
- Pineapples
- Pomelos
- Quinces
- Tamarillos
- Tangellos
  
- Artichokes (Jer)
- Carrots
- Sweet potatoes

- Apples
- Avocados
- Green pears
- Kiwifruits
- Nasi Pears
- Pears
  
- Asian Greens
- Broccoli
- Broccolini
- Brussels Sprouts
- Cabbages
- Chokos
- Kale
- Okra
- Shallots
- Silverbeet
- Spinach
- Witlof
- Wombok

- Cabbages
- Carrots
- Kohlrabi
- Onions
- Potatoes

- Cauliflower
- Celeriac
- Fennel
- Garlic
- Horseradish
- Leeks
- Mushrooms
- Onions
- Parsnips
- Potatoes
- Turnips

<b>HERBS:</b>	Coriander	Mint	Parsley
	Dill	Oregano	Rosemary