



# Whole Natural Kitchen

## RAINBOW SEASONAL PRODUCE: **DECEMBER**

### Red

Cherries  
Currants  
Raspberries  
Strawberries  
Watermelon  
  
Capsicum  
Radishes  
Tomatoes

### Orange/Yellow

Apricots  
Bananas  
Mangoes  
Nectarines  
Oranges  
Papayas  
Passionfruit  
Pawpaws  
Peaches  
Pineapples  
Rockmelon  
Watermelon  
  
Butter Beans  
Capsicum  
Corn

### Green

Avocados  
Grapes  
Honeydew  
  
Asparagus  
Capsicum  
Celery  
Cucumbers  
Flat Beans  
Green Beans  
Lettuce  
Peas  
Spinach  
Watercress  
Zucchini

### Purple/Blue

Blackberries  
Blueberries  
Grapes  
  
Eggplants  
Onions

### White

Currants  
Lychee  
Nectarines  
  
Mushrooms  
Onions  
Radishes

### HERBS:

Basil  
Chervil  
Chives  
Coriander

Dill  
Kaffir Lime Leaf  
Lemongrass  
Mint

Oregano  
Parsley  
Rosemary  
Sage

Tarragon  
Thyme