



Whole Natural Kitchen

RAINBOW SEASONAL PRODUCE: **FEBRUARY**

Red

Cherries
Raspberries
Strawberries
Watermelon

Capsicum
Radishes
Tomatoes

Orange/Yellow

Apricots
Bananas
Mangoes
Nectarines
Oranges

Passionfruit
Pineapples
Rockmelon
Watermelon

Butter Beans
Capsicum
Corn

Green

Avocados
Grapes
Honeydew
Limes
Pears

Asparagus
Capsicum
Cucumbers
Flat Beans
Green Beans
Lettuce
Okra
Peas
Spinach
Zucchini

Purple/Blue

Blackberries
Blueberries
Grapes
Plums

Eggplants
Onions
Potatoes

White

Lychees
Nectarines
Rambutans

Mushrooms
Onions
Potatoes
Radishes

HERBS:

Basil
Chervil
Chives
Coriander

Dill
Kaffir Lime Leaf
Lemongrass
Mint

Oregano
Parsley
Rosemary
Sage

Tarragon
Thyme