



Whole Natural Kitchen

RAINBOW SEASONAL

PRODUCE: **JANUARY**

Red

Orange/Yellow

Green

Purple/Blue

White

Cherries
Raspberries
Strawberries
Watermelon

Apricots
Bananas
Mangoes
Nectarines
Oranges
Passionfruit
Pineapples
Rockmelon
Watermelon

Capsicum
Radishes
Tomatoes

Butter Beans
Capsicum
Corn

Avocados
Grapes
Honeydew
Limes
Pears

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

Blackberries
Blueberries
Grapes
Plums

Eggplants
Onions
Potatoes

Lychees
Nectarines
Rambutans

Mushrooms
Onions
Potatoes
Radishes

HERBS:

Basil
Chervil
Chives
Coriander

Dill
Kaffir Lime Leaf
Lemongrass
Mint

Oregano
Parsley
Rosemary
Sage

Tarragon
Thyme