



Whole Natural Kitchen

RAINBOW SEASONAL

PRODUCE: **JULY**

Red

- Apples
- Blood Oranges
- Grapefruits
- Rhubarb
- Strawberries

Orange/Yellow

- Bananas
- Cumquats
- Grapefruits
- Lemons
- Mandarins
- Oranges
- Pomelos
- Tangelos

- Artichokes (Jer)
- Carrots
- Pumpkins
- Sweet Potatoes

Green

- Apples
- Avocados
- Kiwifruits

- Broccoli
- Brussels Sprouts
- Cabbages
- Celery
- Kale
- Okra
- Silverbeet
- Spinach

Purple/Blue

- Beetroots
- Cabbages
- Kohlrabi
- Potatoes

White

- Cauliflower
- Celeriac
- Fennel
- Kohlrabi
- Leeks
- Onions
- Parsnips
- Potatoes
- Swedes
- Turnips

HERBS:

- Coriander
- Dill

- Mint
- Oregano

- Parsley
- Rosemary