



# Whole Natural Kitchen

## RAINBOW SEASONAL PRODUCE: **JUNE**

### Red

- Apples
- Grapefruits
- Rhubarb
- Radicchio

### Orange/Yellow

- Bananas
- Dates
- Grapefruits
- Lemons
- Mandarins
- Oranges
- Passionfruit
- Pomelos
- Quinces
  
- Artichokes (Jer)
- Carrots
- Pumpkins
- Sweet Potatoes

### Green

- Apples
- Avocados
- Custard Apples
- Kiwifruits
- Nashi Pears
- Pears
  
- Broccoli
- Brussels Sprouts
- Cabbages
- Celery
- Kale
- Silverbeet
- Spinach

### Purple/Blue

- Beetroot
- Cabbages
- Kohlrabi
- Onions
- Parsnips

### White

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

### HERBS:

- Coriander
- Dill

- Mint
- Oregano

- Parsley
- Rosemary