



Whole Natural Kitchen

RAINBOW SEASONAL

PRODUCE: **MARCH**

Red

Apples
Finger Limes
Grapes
Guavas
Pomegranates
Tamarillos

Capsicum
Tomatoes

Orange/Yellow

Bananas
Dates
Guavas
Oranges
Quinces

Capsicum
Corn
Pumpkins

Green

Apples
Finger Limes
Grapes
Kiwifruits
Limes
Nashi Pears

Asian Greens
Broccoli
Capsicum
Cucumbers
Green Beans
Kale
Lettuce
Okra
Swiss Chard
Witlof
Zucchini

Purple/Blue

Figs

Eggplants
Onions
Potatoes

White

Chestnuts
Mangosteen

Eschallots
Mushrooms
Onions
Potatoes

HERBS:

Basil
Chervil
Chives
Coriander

Dill
Kaffir Lime Leaf
Lemongrass
Mint

Oregano
Parsley
Rosemary
Sage

Tarragon
Thyme