



Whole Natural Kitchen

RAINBOW SEASONAL

PRODUCE: **MAY**

Red

- Apples
- Grapes
- Pomegranates
- Rhubarb

Orange/Yellow

- Bananas
- Dates
- Lemons
- Mandarins
- Oranges
- Persimmons
- Quinces

- Carrots
- Ginger
- Sweet Potatoes

Green

- Apples
- Avocados
- Custard Apples
- Grapes
- Kiwifruits
- Nashi Pears
- Pears

- Asian Greens
- Broccoli
- Brussels Sprouts
- Cabbages
- Celery
- Kale
- Okra
- Silverbeet
- Spinach
- Swiss Chard

Purple/Blue

- Cabbages
- Eggplants
- Potatoes

White

- Dragonfruit

- Cauliflower
- Celeriac
- Chestnuts
- Fennel
- Leek
- Mushrooms
- Parsnips
- Turnips

HERBS:	Basil	Dill	Oregano	Tarragon
	Chervil	Kaffir Lime Leaf	Parsley	Thyme
	Chives	Lemongrass	Rosemary	
	Coriander	Mint	Sage	