



# Whole Natural Kitchen

## RAINBOW SEASONAL PRODUCE: **NOVEMBER**

### Red

- Cherries
- Grapefruits
- Watermelon
  
- Chillies
- Tomatoes

### Orange/Yellow

- Bananas
- Grapefruits
- Loquats
- Mangoes
- Oranges
- Papayas
- Passionfruit
- Pawpaws
- Pineapples
- Rockmelon
- Watermelon
  
- Corn

### Green

- Avocados
- Honeydew
  
- Asian Greens
- Asparagus
- Cabbages
- Chillies
- Cucumbers
- Globe Artichoke
- Green Beans
- Lettuce
- Peas
- Shallots
- Silverbeet
- Watercress
- Zucchini

### Purple/Blue

- Blueberries
- Mulberries
- Youngberries
  
- Cabbages
- Onions
- Potatoes

### White

- Onions
- Potatoes

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