



Whole Natural Kitchen

RAINBOW SEASONAL PRODUCE: **OCTOBER**

Red

Orange/Yellow

Green

Purple/Blue

White

Grapefruits
Strawberries
Watermelon

Chillies

Bananas
Grapefruits
Mangoes
Oranges
Papayas
Passionfruit
Pawpaws
Pineapples
Pomelos
Rockmelon
Tangelos
Watermelon

Avocados
Honeydew

Asian Greens
Asparagus
Broad Beans
Cabbages
Chillies
Cucumbers
Globe Artichoke
Green Beans
Kale
Lettuce
Peas
Shallots
Silverbeet
Spinach
Watercress
Zucchini

Blueberries

Beetroots
Cabbages
Onions

Fennel
Garlic
Mushrooms
Onions
Potatoes

HERBS:

Basil
Chervil
Chives
Coriander

Dill
Kaffir Lime Leaf
Lemongrass
Mint

Oregano
Parsley
Rosemary
Sage

Tarragon
Thyme