



Whole Natural Kitchen

RAINBOW SEASONAL PRODUCE: **SEPTEMBER**

Red

- Apples
- Blood oranges
- Grapefruits
- Strawberries

- Chillies
- Radishes

Orange/Yellow

- Grapefruits
- Mandarins
- Mangoes
- Papayas
- Pawpaws
- Pineapples
- Pomelos
- Tangelos

- Carrots

Green

- Asian Greens
- Asparagus
- Broad Beans
- Broccoli
- Chillies
- Globe Artichoke
- Green Beans
- Kale
- Lettuce
- Peas
- Shallots
- Silverbeet
- Spinach

Purple/Blue

- Beetroots
- Onions
- Potatoes

White

- Cauliflower
- Fennel
- Garlic
- Mushrooms
- Onions
- Potatoes

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