



OH HI THERE! I'M GABBY

I'm a degree qualified Naturopath (BHSc Nat) and also hold a Diploma of Sustainable Living. I really love inspiring people to get confident in the kitchen and to create easy, nourishing meals for themselves and their families. No fads here, friends! I use simple, everyday ingredients to ensure your mealtimes are full of delicious things. Many, though not all, of my recipes cater to a variety of food intolerances too, so if you're an intolerant friendly cook you'll find plenty to entice you.

And if you want to make the most of the bounty that nature provides each season I can help with that too! At Whole Natural Kitchen you'll find an abundance of recipes for fermenting, pickling, or preserving seasonal produce. These little delights bring so much colour and nourishment to your table that I hope my love for them will encourage you to attempt a few of the recipes yourself - even if you've never done so before. It's nowhere near as daunting as it may seem.

THE GUIDE

SOME BACKGROUND ON WHO THESE GUIDES ARE MOST SUITED TO

SEASONAL FOOD DIRECTORY

WHAT'S IN SEASON FOR SUMMER, AUTUMN/FALL, WINTER, AND SPRING

RECIPE IDEAS

RECIPES TO MAKE WITH THE PRODUCE YOU FIND EACH SEASON

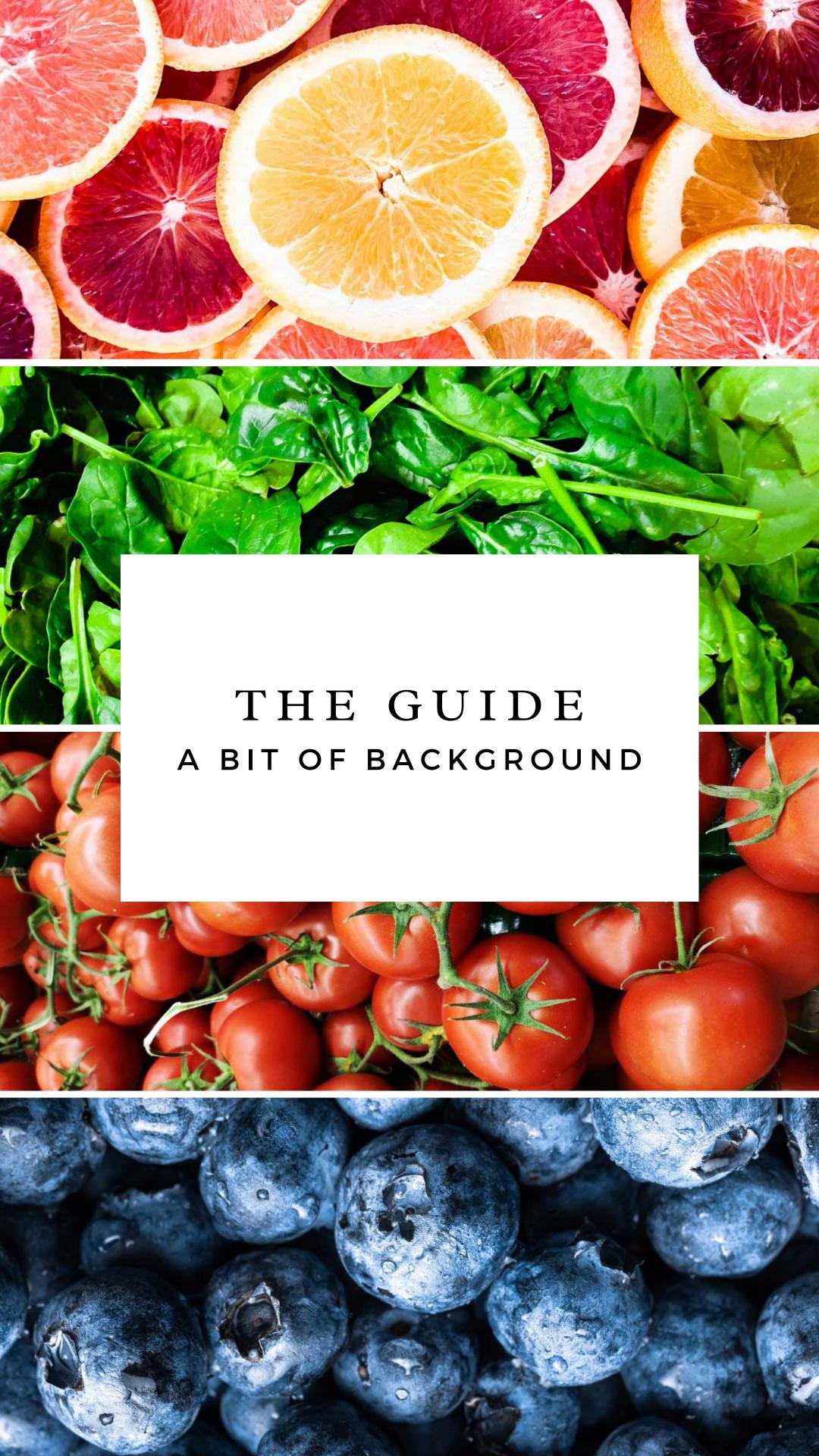
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QUICK & EASY MEAL IDEAS

GET LOTS MORE INSPIRATION WITH THIS QUICK AND EASY MEAL IDEAS EBOOK

WHERE TO FIND MORE

VISIT WHOLE NATURAL KITCHEN OR STAY IN TOUCH (16) ON YOUR CHOICE OF SOCIAL CHANNEL





THE GUIDE

Who are the seasonal guides suitable for?

I live in Sydney on the East Coast of Australia, so the seasonal food directories found on the following pages largely reflect the produce available in a temperate climate. If you live in a similar zone these guides will be perfect for you.

Foods that grow in an area with mild winters, and warm to hot summers like Sydney, will be different to what's found in those with cold or tropical climates. We will share some seasonal produce of course, but you will also find a variety of things suitable solely for your area. As such, this guide will be somewhat useful to you, but I also encourage you to find a good source of information specific to your climate zone that will supplement what you find here.





SEASONAL FOOD DIRECTORY

Eat the rainbow

This is not an exhaustive list of seasonal fruit and vegetables however it covers the main things you're likely to find at your local greengrocer or in most supermarket produce sections.

If you frequent your local farmers' market, you may also find heirloom / heritage varieties are on offer and they're definitely worth snapping up!

When buying your weekly produce always keep the rainbow in mind and buy fruit and vegetables in every colour. Doing so ensures we get the wide variety of nutrients needed to keep us well each season, just as nature intended.



WHAT'S IN SEASON FOR SUMMER

FRUIT

- Apricots
- Avocados
- Bananas
- Blackberries
- Blueberries
- Cherries
- Currants
- Figs
- Grapes
- Honeydew
- Limes
- Lychee
- Mangoes
- Nectarines
- Oranges
- Papaya
- Passionfruit
- Pawpaw
- Peaches
- Pears
- Pineapples
- Plums
- Prickly Pears
- Rambutans
- Raspberries
- Rockmelon
- Strawberries
- Watermelon

- Asparagus
- Butter Beans
- Capsicum bell pepper
- Celery
- Chillies
- Choko
- Corn
- Cucumbers
- Eggplant
- Flat Beans
- Green Beans
- Lettuce
- Mushrooms
- Okra
- Onions
- Peas
- Potatoes
- Radish
- Snake Beans
- Spinach
- Squash
- Sugar Snap Peas
- Tomatoes
- Watercress
- Zucchini



WHAT'S IN SEASON FOR AUTUMN/FALL

FRUIT

- Apples
- Avocados
- Bananas
- Chestnuts
- Custard Apples
- Dates
- Dragon Fruit
- Figs
- Finger Limes
- Grapes
- Kiwifruit
- Lemons
- Limes
- Mandarins
- Mangosteen
- Nashi Pears
- Oranges
- Passionfruit
- Pears
- Persimmon
- Pomegranate
- Quince
- Rhubarb
- Tamarillo

- Asian Greens
- Broccoli
- Brussels Sprouts
- Cabbage
- Capsicum
- Carrots
- Cauliflower
- Celeriac
- Celery
- Corn
- Cucumber
- Eggplant
- Eschalot
- Fennel
- Ginger
- Green Beans
- Kale

- Leek
 - Lettuce
 - Mushrooms
 - Okra
 - Onions
 - Parsnip
 - Potatoes
 - Pumpkin
 - Silverbeet
 - Spinach
 - Sweet Potatoes
 - Swiss Chard
 - Tomatoes
 - Turnip
 - Watercress
 - Witlof
 - Zucchini



WHAT'S IN SEASON FOR WINTER

FRUIT

- Apples
- Avocados
- Bananas
- Blood oranges
- Cumquats
- Custard apple
- Dates
- Ginger
- Grapefruit
- Kiwifruit
- Lemons
- Mandarins
- Nashi Pear
- Oranges
- Passionfruit
- Pears
- Persimmon
- Pineapple
- Pomelo
- Quince
- Rhubarb
- Strawberries
- Tamarillo
- Tangelo

- Asian Greens
- Beetroot
- Broccoli
- Broccolini
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celeriac
- Celery
- Choko
- Fennel
- Garlic
- Horseradish
- Jerusalem Artichoke
- Kale
- Kohlrabi

- Leek
- Mushrooms
- Okra
- Onions
- Parsnip
- Potatoes
- Pumpkin
- Radicchio
- Radish
- Shallots
- Silverbeet
- Spinach
- Swede
- Sweet potatoes
- Turnip
- Witlof
- Wombok



WHAT'S IN SEASON FOR SPRING

FRUIT

- Apples
- Avocados
- Bananas
- Blood orange
- Blueberries
- Cherries
- Grapefruit
- Honeydew
- Loquats
- Mandarins
- Mangoes
- Mulberries
- Oranges
- Papaya
- Passionfruit
- Pawpaw
- Pineapple
- Pomelo
- Rockmelon
- Strawberries
- Tangelo
- Watermelon
- Youngberries

- Asian Greens
- Asparagus
- Beetroot
- Broad Beans
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Chillies
- Corn
- Cucumber
- Fennel
- Garlic
- Globe Artichoke
- Green Beans
- Kale
- Lettuce
- Mushrooms
- Onions
- Peas
- Potatoes
- Radish
- Shallots
- Silverbeet
- Spinach
- Tomatoes
- WatercressZucchini





RECIPE IDEAS

Seasonal inspiration

SUMMER

- Mango And Cucumber Salad
- Mushroom Tacos

AUTUMN / FALL

- Pumkin Hummus
- Cheesy Miso Kale Chips

WINTER

- Beetroot And Goats Cheese Risotto
- Truffle Butter

SPRING

- <u>Dairy Free Pesto</u> (basil is in season in spring and summer)
- Rosella Jam





QUICK AND EASY

Grab my free ebook

MORE MEAL IDEAS

If you're looking for plenty more mealtime inspiration why not grab my Quick And Easy Meal Ideas eBook? It's free and we do a deep dive into how to prep for the week ahead so that nourishing meals are on the table with or without cooking. There are recipes along with quick meal ideas and a bit of info on snacks. You also get a suggested shopping guide, which is a perfect match for the seasonal directory here.

Note: The eBook is a free gift to those who sign up to receive my weekly newsletter. Don't worry, I won't spam your inbox! Only one email is sent each week and contains recipes, a snippet on seasonal ingredients, balcony gardening tips, plus any latest news.





WHERE TO FIND MORE AND A FINAL WORD

This eBook was first published in December 2022 by Gabriella (Gabby) Campbell - Whole Natural Kitchen.

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WHOLE NATURAL KITCHEN ONLINE













