



my capsule kitchen
mycapsulekitchen.com

cook more with less.

Winter

	June	July	August
Fruit	Apples Avocado Banana Cumquat Grapefruit Honeydew Melon Kiwi Lemon Lime Mandarin Nashi Pear Orange Passionfruit Paw Paw Pears Persimmon Strawberries	Apples Avocado Banana Cantaloupe Cumquat Grapefruit Honeydew Melon Kiwi Lemon Lime Mandarins Oranges Pears	Apples Avocado Banana Cumquat Grapefruit Kiwi Lemon Lime Mandarins Oranges Pears
Vegetables	Artichoke Bok Choy Beetroot Broccoli Brusselsprouts Cabbage Carrot Cauliflower Celery Celeriac Fennel Kohlrabi Leeks Lettuce Mushrooms Onions Parsnip Potato Pumpkin Shallots Silverbeet Swedes Turnip	Artichoke Bok Choy Broccoli Brusselsprouts Cabbage Carrot Cauliflower Celery Celeriac Fennel Jerusalem Artichoke Kale Kohlrabi Leeks Lettuce Mushrooms Onions Parsnips Potato Pumpkin Shallots Silverbeet Spinach Swedes Turnip Witlof	Artichoke Bok Choy Broccoli Brusselsprouts Cabbage Carrot Cauliflower Celery Celeriac Eggplant Fennel Kohlrabi Leeks Lettuce Mushrooms Parsnips Potato Pumpkin Shallots Silverbeet Springonion Swedes Turnip