



my capsule kitchen  
mycapsulekitchen.com

cook more with less.

## Spring

	September	October	November
Fruit	<ul style="list-style-type: none"><li>Apple</li><li>Cumquat</li><li>Grapefruit</li><li>Lemon</li><li>Lime</li><li>Mandarins</li><li>Oranges</li><li>Nachi pears</li><li>Papaya</li><li>Pawpaw</li><li>Pineapple</li><li>Tangelo</li></ul>	<ul style="list-style-type: none"><li>Strawberries</li><li>Cumquat</li><li>Grapefruit</li><li>Lemon</li><li>Loquat</li><li>Mango</li><li>Oranges</li><li>Papaya</li><li>Pawpaw</li><li>Pineapple</li><li>Starfruit</li></ul>	<ul style="list-style-type: none"><li>Banana</li><li>Strawberries</li><li>Cherries</li><li>Grapefruit</li><li>Loquat</li><li>Lychee</li><li>Mango</li><li>Honeydew</li><li>Rockmelon</li><li>Watermelon</li><li>Orange</li><li>Papaya</li></ul>
Vegetables	<ul style="list-style-type: none"><li>Artichoke</li><li>Asian greens</li><li>Asparagus</li><li>Avocados</li><li>Beans</li><li>Broccoli</li><li>Cabbage</li><li>Carrot</li><li>Cauliflower</li><li>Garlic</li><li>Ginger</li><li>Leek</li><li>Lettuce</li><li>Mushrooms</li><li>Onions</li><li>Spring onions</li><li>Peas</li><li>Potato</li><li>pumpkin</li><li>Silverbeet</li><li>Spinach</li></ul>	<ul style="list-style-type: none"><li>Artichoke</li><li>Asian greens</li><li>Asparagus</li><li>Avocados</li><li>Beans</li><li>Broccoli</li><li>Choko</li><li>Cucumber</li><li>Garlic</li><li>Lettuce</li><li>Onions</li><li>Peas</li><li>Silverbeet</li><li>Spinach</li><li>Watercress</li><li>Spring zucchini</li></ul>	<ul style="list-style-type: none"><li>Artichoke</li><li>Asparagus</li><li>Avocado</li><li>Cucumber</li><li>Lettuce</li><li>Onions</li><li>Peas</li><li>Spinach</li><li>Spring onions</li><li>Sweetcorn</li><li>Tomato</li><li>Watercress</li></ul>