

SEASONAL FOODS

JULY

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FUNCTIONAL MEDICINE Ltd.

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Your health today and tomorrow

Vegetables:

- ✦ artichoke, aubergine, cassava, corn, courgette, tomato, beef tomato
- ✦ asparagus (green, white), celery, cucumber, fennel, gherkin, rhubarb
- ✦ beetroot, carrot, peppers, pumpkin, squash
- ✦ broccoli, cabbage, Chinese cabbage, cima di Rapa, kale, kohlrabi, pak choi, red cabbage, Romanesco cauliflower
- ✦ broad bean, chickpea, green bean, mangetout, pea, runner bean, snow pea
- ✦ potatoes, jersey royal new potatoes, radish, daikon radish, turnip
- ✦ chard, chicory (endive), lettuce, rocket, romaine lettuce, spinach, sorrel, watercress, wild nettles
- ✦ basil, bay leaf, chervil, chilli peppers, coriander, dill, marjoram, mint, oregano, parsley, rosemary, sage, tarragon, thyme
- ✦ chives, garlic, onion, shallot, spring onion
- ✦ elderflower, nasturtium, samphire, lemon verbena
- ✦ chanterelle mushrooms, porcini mushrooms

Indigenous Fruit:

- ✦ almond, apricot, damson plum, fig, greengage, melon, Mirabelle plum, nectarine, peach, plum, watermelon
- ✦ bilberry, blackberry, blackcurrant, blueberry, cherry, gooseberry, huckleberry, raspberry, redcurrant, sour cherry, strawberry, wild cherry, woodland strawberry

Exotic Fruit (imported):

- ✦ avocado, banana
- ✦ grapefruit, lemon, orange
- ✦ date, passion fruit, kiwi, lychee, mango, papaya

Meats, Game, and Poultry:

- ✦ goat, hare, lamb, rabbit, veal, venison, wild boar
- ✦ chicken, duck, wood pigeon

Fish & Seafood:

- ✦ cod, coley, Dover sole, haddock, hake, halibut, herring, mackerel, monkfish, mullet, perch, plaice, pollack, salmon, sardine, sea bass, sea bream, sea trout, skate, sole, tuna, whitebait, whiting
- ✦ eel
- ✦ crab, crayfish, cuttlefish, langoustine, lobster, prawns, scallops, shrimps, spiny lobster, squid, whelks

Miscellaneous

- ✦ eggs; honey