

SEASONAL FOODS

NOVEMBER

FUNCTIONAL MEDICINE Ltd.

Your health today and tomorrow

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& Glen Matten MSc

3rd February 2014

Vegetables:

- + pumpkin, squash
- + celery, celeriac, fennel
- + carrot
- + broccoli, Brussels sprouts, cabbage, cauliflower, Chinese cabbage, cima di Rapa, kale, kohlrabi, red cabbage, white cabbage
- + rice, spelt
- + beetroot, daikon radish, horseradish, Jerusalem artichoke, parsnip, potato, radish, rutabaga, salsify, swede, turnip
- + chicory, lamb's lettuce, spinach, watercress
- + rosemary, sage
- + leek, onion, shallots
- + mushrooms (coulemelle, horn of plenty, oyster), truffle

Indigenous Fruit:

- + apple, grape, olive, pear, quince, watermelon
- + chestnut, cobnut

Exotic Fruit (imported):

- + avocado, banana, cranberry, dates, guava, kiwi, lychee, mango, papaya, passion fruit, persimmon, pineapple, pomegranate
- + clementine, satsuma
- + coconut, pistachio

Meats, Game, and Poultry:

- + beef, hare, lamb, pork, rabbit, venison, wild boar
- + duck, goose, grouse, guinea fowl, mallard, partridge, pheasant, quail, turkey, woodcock, wood pigeon

Fish & Seafood:

- + carp, cod, coley, dab, Dover sole, eel, flounder, gurnard, haddock, halibut, hake, John Dory, lemon sole, mackerel, monkfish, mullet, plaice, pollack, red mullet, salmon, sea bass, sea bream, skate, turbot, whiting
- + roe
- + clams, crab, lobster, mussels, oyster, scallops, squid, whelks, winkles

Miscellaneous

- + coffee; eggs; honey