

# SEASONAL FOODS MARCH

Georges Mouton MD  
& Glen Matten MSc

**FUNCTIONAL MEDICINE Ltd.**

3<sup>rd</sup> February 2014

Your health today and tomorrow

---

## **Vegetables:**

- + beetroot, celeriac, radish, swede, turnips
- + carrots, parsnips, salsify
- + celery
- + broccoli, cabbage (white, red), cauliflower, kale, kohlrabi, purple sprouting broccoli
- + broad bean, pumpkin
- + Chinese artichoke, Jerusalem artichoke, potato
- + endive, lambs lettuce, lettuce, sorrel, spinach, watercress, wild nettles
- + garlic, leek, onion, shallots, spring onion
- + morel mushroom, oyster mushroom, truffle

## **Native fruit:**

- + apple, pear, rhubarb

## **Exotic fruit (imported):**

- + banana, pineapple
- + grapefruit, lemon, mandarin, orange, pomelo
- + kiwi, passion fruit,
- + avocado, mango, papaya
- + coconut

## **Nuts:**

- + hazelnut, walnut

## **Meats & game:**

- + beef, goat, lamb, mutton, pork, veal, venison, wild boar
- + goose, guinea fowl, partridge, wild duck

## **Fish & seafood:**

- + bream, carp, cod, dab, Dover sole, flounder, gurnard, hake, John Dory, lemon sole, monkfish, plaice, red mullet, salmon, sardine, sea bass, skate, turbot, whitebait, whiting
- + eel, roe
- + clams, cockles, langoustine, lobster, mussels, oysters, scallops, shrimp, winkles