

SEASONAL FOODS

AUGUST

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FUNCTIONAL MEDICINE Ltd.

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Your health today and tomorrow

Vegetables:

- + aubergine, beef tomato, courgette, globe artichoke, squash, tomato
- + celery, cucumber, gherkin, fennel, leek
- + beetroot, carrots, pattypan squash, peppers, pumpkin
- + broccoli, cabbage, Chinese cabbage, cima di Rapa, kale, kohlrabi, red cabbage, Romanesco cauliflower
- + broad beans, chickpeas, green beans, kidney beans, mangetout, runner beans
- + cassava, corn, spelt
- + daikon radish, marrow, potato, radish, salsify, turnip
- + chard, chicory, rocket, romaine lettuce, pak choi, salad leaves, sorrel, spinach, radicchio, watercress, wild nettles
- + basil, chervil, coriander, dill, mint, oregano, parsley, rosemary, sage, tarragon, thyme, verbena
- + chives, garlic, onion, shallot, spring onion
- + chanterelle mushrooms, pied de mouton mushrooms, porcini mushrooms

Indigenous Fruit:

- + apricot, damson, fig, grape, greengage, melon, Mirabelle plum, nectarine, peach, pear, plum, watermelon
- + bilberry, blackberry, blackcurrant, blueberry, cherry, gooseberry, loganberry, raspberry, redcurrant, strawberry, whitecurrant, woodland strawberry
- + almond, chestnut, cobnut, hazelnut

Exotic Fruit (imported):

- + avocado, banana
- + grapefruit, lemon
- + passion fruit, kiwi, lychee, mango, papaya

Meats, Game, and Poultry:

- + beef, lamb, rabbit, veal, venison, wild boar
- + chicken, grouse, quail, wood pigeon

Fish & Seafood:

- + brill, cod, coley, dab, Dover sole, grey mullet, haddock, halibut, herring, John Dory, lemon sole, mackerel, monkfish, perch, pilchard, plaice, pollack, salmon, sardine, sea bass, sea bream, sea trout, skate, sole, tuna, whitebait, zander; eel
- + cockles, crab, crayfish, lobster, scallops, shrimps, whelks

Miscellaneous

- + eggs; honey