

SEASONAL FOODS

JUNE

FUNCTIONAL MEDICINE Ltd.

Your health today and tomorrow

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Vegetables:

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

Indigenous Fruit:

- + almond, apricot, blueberries, fig, gooseberry, greengage, melon, nectarine, peach, plum, raspberry, red currant, strawberry, watermelon
- + cherry, amarelle cherry, morello cherry

Exotic Fruit (imported):

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

Meats, Game, and Poultry:

- + goat, hare, lamb, rabbit, veal, wild boar
- + chicken, duck, goose, wood pigeon

Fish & Seafood:

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

Miscellaneous

- + eggs; honey