

SEASONAL FOODS

DECEMBER

FUNCTIONAL MEDICINE Ltd.

Your health today and tomorrow

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& Glen Matten MSc

7th January 2018

Vegetables:

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

Indigenous Fruit:

- + apple, pear, quince
- + chestnut
- + olive

Exotic Fruit (imported):

- + avocado, banana, cranberry, dates, kaki, kiwi, lychee, mango, papaya, passion fruit, pineapple, pomegranate
- + blood orange, clementine, grapefruit, kumquat, lemon, mandarin, orange, pomelo, tangerines
- + coconut

Meats, Game, and Poultry:

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

Fish & Seafood:

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

Miscellaneous

- + coffee; eggs