

# SEASONAL FOODS

## OCTOBER

### FUNCTIONAL MEDICINE Ltd.

Your health today and tomorrow

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#### Vegetables:

- + aubergine, courgette, globe artichoke, pumpkin, squash, tomato
- + celery, celeriac, fennel, sweetcorn
- + beetroot, carrot, peppers
- + broccoli, Brussels sprouts, cabbage, cauliflower, Chinese cabbage, cima di Rapa, kale, kohlrabi, red cabbage
- + chickpeas, French beans, runner beans
- + cassava, maize, rice, spelt
- + daikon radish, horseradish, Jerusalem artichoke, marrow, parsnip, potato, radish, rutabaga, salsify, swede, turnip
- + chard, chicory, cucumber, rocket, romaine lettuce, pak choi, salad leaves, sorrel, spinach, watercress
- + chillies, coriander, mint, oregano, parsley, rosemary, sage, thyme; verbena
- + chives, garlic, leek, onion, shallot, spring onion
- + mushrooms (horn of plenty, oyster, porcini), truffles

#### Indigenous Fruit:

- + apple, bilberry, blackberry, damson, elderberry, fig, grape, medlar, olive, pear, plum, quince, raspberry, redcurrant, watermelon
- + almond, chestnut, cobnut, hazelnut

#### Exotic Fruit (imported):

- + avocado, banana, coconut, dates, passion fruit, kiwi, persimmon, lychee, mango, papaya
- + clementine, grapefruit, lemon, mandarin
- + guava, pistachio, pomegranate

#### Meats, Game, and Poultry:

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

#### Fish & Seafood:

- + carp, cod, coley, dab, Dover sole, eel, flounder, grey mullet, gurnard, haddock, halibut, hake, herring, John Dory, lemon sole, mackerel, monkfish, pilchard, plaice, red mullet, salmon, sardines, sea bass, sea bream, sole, tuna, turbot, whiting
- + roe; clams, crab, crayfish, lobster, mussels, oyster, prawns, scallops, shrimps, squid, whelks, winkles

#### Miscellaneous

- + coffee; eggs; honey