

SEASONAL FOODS

SEPTEMBER

FUNCTIONAL MEDICINE Ltd.

Your health today and tomorrow

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Vegetables:

- + artichoke, aubergine, beef tomato, courgette, tomato
- + celery, cucumber, fennel, sweetcorn
- + beetroot, carrot, squash (butternut, chestnut, pumpkin), peppers
- + broccoli, cabbage, Chinese cabbage, cima di Rapa, kale, kohlrabi, red cabbage, Romanesco cauliflower
- + beans (broad, flageolet, green, runner, white), chickpeas, mangetout, peas
- + cassava, maize, rice, spelt
- + daikon radish, marrow, parsnip, potato, radish, salsify, turnip
- + chard, chicory, rocket, romaine lettuce, pak choi, salad leaves, sorrel, spinach, watercress,
- + basil, chervil, chillies, coriander, dill, mint, oregano, parsley, rosemary, sage, tarragon, thyme, verbena
- + chives, garlic, leek, onion, shallot, spring onion
- + mushrooms (boletus, chanterelle, horn of plenty, pied de mouton, porcini), truffle

Indigenous Fruit:

- + apple, apricot, bilberry, blackberry, blackcurrant, blueberry, blood peach, cherry, damson, fig, grape, gooseberry, greengage, loganberry, melon, nectarine, olive, peach, pear, plum, pomegranate, prune, quince, raspberry, redcurrant, strawberry, watermelon
- + almond, chestnut, cobnut, hazelnut

Exotic Fruit (imported):

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

Meats, Game, and Poultry:

- + beef, hare, lamb, pork, rabbit, veal, venison, wild boar
- + chicken, duck, grouse, partridge, pheasant, quail, wild duck, wood pigeon

Fish & Seafood:

- + carp, cod, coley, dab, eel, Dover sole, haddock, halibut, herring, John Dory, lemon sole, mackerel, monkfish, mullet, perch, pilchard, plaice, pollack, salmon, sardines, sea bass, sea bream, sea trout, sole, tuna, turbot; roe
- + crab, crayfish, lobster, mussels, oyster, prawns, scallops, shrimps, squid

Miscellaneous

- + coffee; eggs; honey