

SEASONAL FOODS JANUARY

FUNCTIONAL MEDICINE Ltd.

Your health today and tomorrow

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Vegetables:

- + beetroot, chard, carrots, celery, celeriac
- + Brussels sprouts, broccoli, cabbage (white, red, green, Chinese), cauliflower, kale, kohlrabi, purple sprouting broccoli
- + squash (butternut, pumpkin)
- + chicory, horseradish, Jerusalem artichoke, parsnip, potato, salsify, swede, turnip
- + lamb's lettuce, endive
- + garlic, leek, onion, shallot
- + oyster mushroom, truffle

Native fruit:

- + apple, pear, rhubarb (forced)

Exotic fruit (imported):

- + clementine, grapefruit, lemon, satsuma, tangerine, orange, blood orange, pomelo
- + kiwi, lychee, passion fruit, persimmon, pomegranate
- + banana, guava, mango, papaya, pineapple
- + avocado, coconut, olive

Nuts:

- + chestnut, hazelnut, walnut

Meats & game:

- + goose, partridge, pheasant, venison, wild duck

Fish & seafood:

- + clams, cockles, langoustine, lobster, mussels, oysters, scallops, winkles, whelk
- + dab, Dover sole, gurnard, haddock, halibut, hake, lemon sole, mackerel, sea bass, sea bream, skate, turbot