

# SEASONAL FOODS

## MAY

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**FUNCTIONAL MEDICINE Ltd.**

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Your health today and tomorrow

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### **Vegetables:**

- + artichoke, aubergine, beef tomato, courgette, pepper, tomato
- + asparagus (white, green), rhubarb, cucumber, fennel
- + beetroot, carrot
- + broccoli, cauliflower, Chinese cabbage, kale, kohlrabi
- + broad bean, green beans, peas
- + daikon radish, jersey royal new potatoes, potatoes, radish
- + chard, chicory, endive, purslane, rocket, romaine lettuce, spinach, quinoa, sorrel, watercress, wild nettles
- + basil, chervil, coriander, dill, oregano, mint, parsley, rosemary, sage, tarragon
- + nasturtium, elderflower
- + chives, garlic, onion, shallot, spring onion
- + samphire
- + lemon verbena
- + morel mushroom

### **Indigenous Fruit :**

- + cherry, gooseberry, melon, nectarine, peach, plum, strawberry

### **Exotic Fruit (imported):**

- + banana
- + blood orange, grapefruit, lemon, orange,
- + kiwi, passion fruit
- + avocado, mango, papaya

### **Meats, Game, and Poultry:**

- + goat, lamb, rabbit, veal, wild boar
- + wood pigeon

### **Fish & Seafood:**

- + bass, bream, carp, cod, coley, flounder, haddock, monkfish, perch, plaice, salmon, sardine, sea trout, skate, sole, whitebait
- + eel
- + crab, crayfish, langoustine, lobster, prawns, shrimps, whelks

### **Miscellaneous**

- + eggs; honey