

SEASONAL FOODS

FEBRUARY

FUNCTIONAL MEDICINE Ltd.

Your health today and tomorrow

Georges Mouton MD
& Glen Matten MSc

6 February 2014

Vegetables:

- + beetroot, celeriac, horseradish, swede, turnip
- + carrot, parsnip, salsify
- + chard, celery, fennel
- + broccoli, Brussels sprouts, cabbage, Chinese cabbage, red cabbage, white cabbage, cauliflower, kale, kohlrabi, purple sprouting broccoli
- + squash
- + Chinese artichoke, Jerusalem artichoke, potato
- + chicory, endive, watercress
- + garlic, leek, onion, shallot
- + oyster mushroom, truffle

Native fruit:

- + apple, pear, rhubarb (forced)

Exotic fruit (imported):

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

Nuts:

- + chestnut, hazelnut, walnut

Meats & game:

- + beef, hare, lamb, pork, venison, wild boar
- + goose, guinea fowl, partridge, wild duck

Fish & seafood:

- + bream, carp, cod, dab, Dover sole, flounder, gurnard, haddock, halibut, hake, lemon sole, mackerel, monkfish, plaice, sea bass, skate, turbot, whiting
- + eel, roe
- + clams, cockles, mussels, oysters, scallops, bay scallops, whelks, winkles