

# SEASONAL FOODS

## APRIL

### FUNCTIONAL MEDICINE Ltd.

Your health today and tomorrow

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#### Vegetables:

- + artichoke, aubergine
- + beetroot, celery, cucumber, rhubarb, white asparagus
- + carrots
- + broccoli, cabbage (white, red), cauliflower, kohlrabi, purple sprouting broccoli
- + broad bean, peas
- + jersey royal new potatoes, potatoes (main crop), radish, salsify, turnip
- + chard, endive, rocket, romaine lettuce, spinach, watercress, wild nettles
- + basil, chervil, coriander, dill, mint, parsley, sorrel
- + chives, garlic, leek, onion, shallot, spring onion, wild garlic
- + samphire
- + morel mushroom, mushrooms (cultivated)

#### Exotic fruit (imported):

- + banana, pineapple
- + apple, blood orange, grapefruit, lemon, mandarin, orange, pomelo
- + kiwi, lychee, passion fruit
- + avocado, mango, papaya

#### Nuts:

- + hazelnut, walnut

#### Grains:

- + quinoa, rice

#### Meats & game:

- + beef, chicken, goat, lamb, pork, rabbit, turkey, veal, venison, wild boar, wood pigeon

#### Fish & seafood:

- + bream, carp, cod, flounder, john dory, mackerel, monkfish, perch, plaice, salmon, sardine, sea bass, sea trout, skate, sole, turbot, whitebait
- + conger eel, eel
- + cockles, crab, lobster, mussels, oysters, prawns, shrimps, whelks, winkles

#### Miscellaneous

- + eggs, honey