

Winter Foods

Fruits	Vegetables	Beans	Grains	Nuts	Seeds
Apples	Bok choy	Adzuki	Amaranth	Almond	Flex
Cranberry	Broccoli	Black	Barley	Brazil	Pumpkin
Dates	Brussels sprout	Black-eye pea	Brown rice	Cashew	Sesame
Dried fruits	Burdock root	Carob	Buckwheat	Filbert	Sunflower
Grapes	Cabbage	Garbanzo	Corn	Macadamia	
Kiwifruit	Carrot	Great northern	Couscous	Pecan	
Kumquat	Cauliflower	Kidney	Kasha	Pine nut	
Orange	Chard	Lentil	Millet	Pistachio	
Pear	Daikon radish	Lima	Oats	Walnut	
Persimmon	Garlic	Navy	Quinoa		
Pomegranate	Ginger	Red	Rice		
Tangelo	Jerusalem artichoke	Soy	Rye		
Tangerine	Jicama	White beans	Wheat		
	Kale				
	Leek				
	Onion				
	Parsnip				
	Potato				
	Rutabaga				
	Seaweed				
	Spinach				
	Spouts				
	Squash				
	Sugar pumpkin				
	Sweet potato				
	Turnip				
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Information from Staying Healthy with Nutrition The Complete Guide to Diet and Nutritional Medicine: Elson M. Haas, MD

Spring Foods

Fruits	Vegetables	Beans	Grains	Nuts	Seeds
Avocado	Artichoke	Adzuki	Barley	Almond	Alfalfa
Dates	Asparagus	Fava	Buckwheat	Brazil	Clover
Grapefruit	Beet	Garbanzo	Corn	Cashew	Radish
Jicama	Beet greens	Lentil	Rice	Filbert	Sunflower
Lemon	Bok choy	Mung	Rye	Macadamia	
Lime	Broccoli	sprouted	Spouted wheat	Pecan	
Loquat	Brussels sprouts			Pine nut	
Olive	Cabbage			Pistachio	
Orange	Carrot			Walnut	
Plum	Cauliflower				
Strawberry	Celery				
Tangelo	Chard				
Tangerine	Chickweed				
	Chicory				
	Chives				
	Cilantro				
	Collard greens				
	Comfrey				
	Dandelion greens				
	Green garlic				
	Green onion				
	Green peas				
	Kale				
	Leeks				
	Lettuce				
	Mint				
	Mushroom				
	Mustard greens				
	Nettles				
	Parsley				
	Radish				
	Rhubarb				
	Sorrel greens				
	Spinach				
	Sprouts				
	Sugar peas				
	Watercress				

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Summer Foods

Fruits	Vegetables	Beans	Grains	Nuts
Apricot	Artichoke	Green beans	Sprouted	Almond
Avocado	Beet	Sprouted beans		Brazil
All Berries	Bell pepper			Cashew
Fig	Cabbage			Filbert
Grapefruit	Celery			Macadamia
Lemon	Chile pepper			Pecan
Lime	Chive			Pine nut
All Melons	Corn, fresh			Pistachio
Nectarine	Cucumber			Sprouted
Orange	Eggplant			Walnut
Peach	Green beans			
Pear	Green peas			
Plum	Lettuce			
Prickly pear	Okra			
Tangelo	Parsley			
Tangerine	Radish			
Tropical fruits	Rhubarb			
Banana	Spinach			
Cherimoya	Squash			
Guava	Sugar peas			
Mango	Tomato			
Papaya	Watercress			
Passionfruit				
Pineapple				
Sapote				

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Autumn Foods

Fruits	Vegetables	Beans	Grains	Nuts	Seeds
Apples	Artichokes Jerusalem	Adzuki	Amaranth	Almond	Hemp
Blueberries	Broccoli	Black turtle	Barley	Brazil	Linseed
Blackberries	Carrots	Black-eyed peas	Buckwheat	Cashew	Pumpkin
Cranberries	Celeriac	Chickpeas	Bulgar wheat	Filbert	Sesame seeds
Loganberries	Celery	Mung	Corn	Macadamia	
Pears	Chard	Pinto	Millet	Pecan	
Plums	Chicory	Red kidney	Oats	Pine nut	
Raspberries	Chinese leaves	Lentils	Quinoa	Pistachio	
Rhubarb	Courgettes	Split peas	Rice	Walnut	
	Cress		Wheat		
	Fennel		Wild rice		
	Garlic				
	Horseradish				
	Kale				
	Kohlrabi				
	Leeks				
	Lettuces				
	Marrow				
	Mushrooms				
	Onions				
	Peas				
	Potatoes				
	Rutabagas				
	Sweet				
	Corn				
	Tomatoes				
	Turnips				
	Watercress				
	Winter squash				

Information from Eating Within the Season: How to Achieve Health and vitality by Eating In Harmony With Nature: Paula Bartimeus.