

Autumn/Winter (V+) NOV-FEB Salty (V-) / Sour (V-) / Sweet (V-)	
Fruits (Serve Warm)	Apples Apricots Bananas Berries Cherries Coconut
Qualities to Favor:	Cranberries Figs Grapefruit Grapes Guava Lemons Limes Mango Melon Nectarines Oranges Papaya Peaches Pears Persimmons Pineapples Plantains Plums Pomegranates Tangerines
<i>Heavy</i>	
<i>Warm</i>	
<i>Moist</i>	
<i>Oily</i>	

Summer (P+) JULY-OCT Sweet (V-) / Astringent (KP-) / Bitter (KP-)	
Fruits	Apples Apricots Bananas (Moderation) Berries Cantaloupe Cherries, Sweet
Qualities to Favor:	Cranberries Dried Fruits
<i>Light</i>	Figs
<i>Moist</i>	Gooseberries
<i>Cool</i>	Grapefruit Grapes Guava Honeydew Lychee Mango Melons Nectarines Oranges Papaya, Minimal Peaches Pears Persimmons Pineapple Plums Pomegranate Tangerines Watermelon

Spring (K+) MARCH-JUNE Pungent (K-) / Astr (KP-) / Bitter (KP-)	
Fruits	Apples Banana Berries Cherries Dried Fruits Grapefruit
Qualities to Favor:	Lemons Lime
<i>Light</i>	Mango
<i>Dry</i>	Papaya
<i>Warm</i>	Pears Pomegranate Strawberries

Grains	Amaranth Barley Buckwheat Maize Millet Oats Quinoa Rice Rye Wheat
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Grains	Barley Oat Rice Rye Wheat
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Grains	Amaranth Barley Brown Rice Buckwheat Millet Oats Quinoa Rye
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Proteins	Lentils Mung/Moong Soybeans/Tofu Split Peas Urad Dal
Nuts/Seeds	All Nuts/Seeds

Proteins	Adzuki Bean Sprouts Fava Chickpea Kidney Lentils Lima Mung/Moong Split Pea Soybean/Tofu
Nuts/Seeds	Almonds Flax Macadamia Pine Nuts Pumpkin Seeds Sunflower Seeds

Proteins	Adzuki Chickpeas Fava Kidney Lentils Lima Mung/Moong Peas Split Peas Sprouted Beans
Nuts/Seeds	Pumpkin Seeds Sunflower Seeds

Autumn/Winter (V+) NOV-FEB Salty (V-) / Sour (V-) / Sweet (V-)	
Veggies	All Squash All Leafy Greens All Fermented Veg Artichokes Arugula Avocado Beets Bell Peppers Bitter Melon Broccoli/Rapini Brussels Cabbage Carrots Cauliflower Corn Cucumbers/Pickles Dulse Eggplant Endive Escarole Fennel Celery/Celeriac Kohlrabi Leeks Lettuce Mushrooms Mustard Greens Okra Onions Peas Parsnips Potatoes,Mashed Radishes Radicchio Rhubarb Seaweed Spinach Snap Peas String Beans Sw Potatoes/Yams Tomatoes Tomatillos Turnips/Rutabagas Watercress

Summer (P+) JULY-OCT Sweet (V-) / Astringent (KP-) / Bitter (KP-)	
Veggies	Leafy Veggies (Early) Round Veggies (Late) Alfalfa Sprouts All Squashes, Zucchini Artichokes Asparagus Avocados Beets (Roots & Greens) Bell Peppers Bitter Melon Broccoli Cabbage Carrots Cauliflower Celery Collard Greens Corn (In Season Late) Cucumbers Eggplant Endive Fennel Green Beans Jicama Kale Kohlrabi Lettuce Mushrooms Mustard Greens Okra Peas Potatoes Radishes Rhubarb Seaweed Snow Peas Spinach Sweet Potatoes Swiss Chard Tomatoes Turnips (Roots & Greens) Water Chestnuts Watercress

Spring (K+) MARCH-JUNE Pungent (K-) / Astr (KP-) / Bitter (KP-)	
Veggies	All Leafy Greens Bitter Melon Artichokes Asparagus Beets Bell Peppers Broccoli Brussels Cabbage Carrots Cauliflower Celery Collards Corn Cucumber/Pickles Eggplant Endive Fennel Fiddlehead Ferns Green Beans Greens/Spinach Jicama Kale Leeks Lettuce Mushrooms Mustard Greens Onions Peas Potatoes Baked Pumpkin Radishes Rhubarb Seaweed Snow Peas Spinach Sprouts Swiss Chard Turnips Watercress Zucchini

Sweeteners/ Condiments	Carob Dates Honey (Raw) Maple Syrup Mustard Molasses Rice Syrup Sugar (Raw) Vinegar
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Sweeteners/ Condiments	Carob Honey (Raw) Maple Syrup Molasses
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Milk Sub's	All Non-Dairy Sub
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Milk Sub's	Rice Milk Soy Milk
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Autumn/Winter (V+) NOV-FEB Salty (V-) / Sour (V-) / Sweet (V-)	
Spices	Anise Asafoetida Black Pepper Caraway Cardamom Cayenne Chillies Cinnamon Clove Coriander Cumin Fennel Fenugreek Garlic Ginger Horseradish Lemongrass Mustard Nutmeg Poppy Seeds Turmeric

Summer (P+) JULY-OCT Sweet (V-) / Astringent (KP-) / Bitter (KP-)	
Spices	Anise Asafoetida Coriander Cumin Fennel

Spring (K+) MARCH-JUNE Pungent (K-) / Astr (KP-) / Bitter (KP-)	
Spices	Anise Asafoetida Black Pepper Caraway Cardamom Cayenne Chillies Cinnamon Clove Coriander Cumin Fennel Fenugreek Garlic Ginger Horseradish Mustard Nutmeg Orange Peel Poppy Seeds Turmeric

Herbs Enjoy As Teas, Too	
	Basil Bay Leaf Chamomile Dill Echinacea Marjoram Oregano Parsley Peppermint Rosemary Saffron Sage Spearmint Tarragon Thyme

Herbs Enjoy As Teas, Too	
	Chamomile Chicory Cilantro Dandelion Hibiscus Parsley Peppermint Saffron Spearmint

Herbs Enjoy As Teas, Too	
	Alfalfa Basil Bay Leaf Chamomile Chicory Cilantro Dandelion Dill Hibiscus Marjoram Nettles Oregano Parsley Peppermint Rosemary Saffron Sage Spearmint Strawberry Leaf Thyme Turmeric

Oils/Fats	
	Almond Avocado Coconut Flax Ghee Lowfat Yog/Kefir Mayonnaise Olive Peanut Safflower Sesame Sunflower

Oils/Fats	
	Almond Avocado Coconut Eggs (Minimal) Flax Ghee Mayonnaise Olive

Oils/Fats	
	Coconut Eggs (Minimal) Flax Ghee Hemp Lowfat Yog/Kefir