

ARTISANAL healing

SEASONAL EATING IDEAS

GENERAL PRINCIPLES

Favor cooked vegetables over raw: it is understood in Ayurveda that it is much more difficult for us to digest raw foods, so we can spend our digestive fire trying to break down raw foods, which can overtax our system and lead to greater digestive issues down the road. By focusing on warm, well-cooked vegetables, we make the nutrients readily available to our systems and create ease for our digestion.

- Choose as high quality as possible
- Choose organic foods wherever possible, especially for the “dirty dozen”
- Eat locally when possible

SPRING

Recommended flavors: bitter, pungent, astringent: they help flush out the water that can accumulate this season. These flavors are also light and rough in quality, which help “scrape” our digestive tracts and clear out any toxins that have built up from heavier foods we’ve eaten during the winter.

Produce:

Berries
Apples (cooked)
Pears (cooked)
Citrus
Dandelion greens
Arugula
Chicory
Spinach
Swiss chard
Mustard greens
Bok choy
Kale
Asparagus
Artichoke
Green beans
Broccoli
Cauliflower

Proteins:

Chicken
Turkey
Fish
Legumes

Grains:

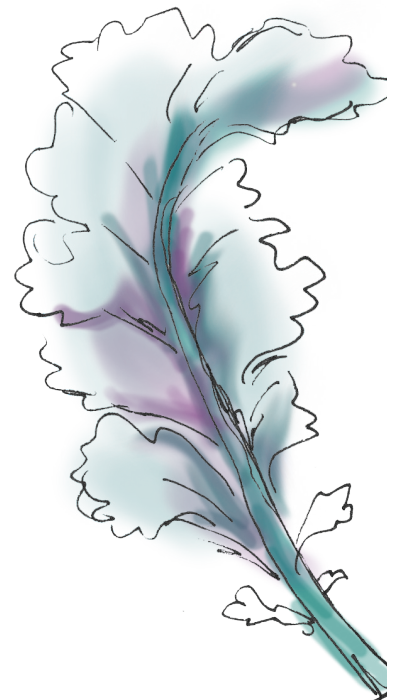
Quinoa
Amaranth
Millet
Barley

Spices:

Ginger
Garlic
Onion
Chilies
Fenugreek seed
Cumin
Coriander
Fennel
Cinnamon
Turmeric

Beverages:

Fenugreek tea
Ginger tea
Black tea
Cinnamon tea
Green tea



SUMMER

Recommended flavors: sweet, bitter, astringent. These are cooling flavors which help counteract the summer heat.

Produce:

Sweet, ripe fruits
Grapes
Berries
Stone fruits
Watermelon
Lettuces
Cucumbers
Broccoli
Cauliflower
Celery
Green beans
Zucchini
Summer squash
Corn

Proteins:

Chicken and fish

Grains:

Rice
Barley
Oats

Spices:

Coriander
Fennel

Use in moderation:

Cardamom
Cumin
Turmeric

Beverages:

Peppermint tea
Hibiscus tea
Fennel tea
Chamomile tea
Coriander tea



Note: Dairy is easier to digest this season (e.g., milk, butter, ghee). Reduce fermented dairy products such as yogurt, which is heating.

Some raw food is okay this season if your digestion is strong.

FALL/WINTER

Recommended flavors: sweet, sour, salty. In this cool and dry season, warm, heavy and oily foods are best to help ground you and keep your body nourished and well hydrated.

Produce:

Apples (early fall)
Tomatoes
Dates
Citrus
Bananas
Mangoes
Pineapple
Squash – acorn, delicata, butternut
Pumpkin
Parsnips
Jerusalem artichokes
Potatoes
Sweet potatoes
Peas
Root vegetables: beets, carrots, parsnips

Proteins:

Beef
Lamb
Chicken
Turkey
Shellfish
Lentils
Nuts
Seeds
Nut milks

Grains:

Rice
Potatoes
Pasta
Whole-grain bread
Wheat
Cooked oats (as cereal)

Spices:

Cinnamon
Ginger
Cardamom
Cumin
Coriander
Chili flake
Turmeric
Asafoetida (hing) – to reduce gas

Suggested ways of cooking: braises, stews, and roasts

Beverages:

Fennel tea
Green tea
Black tea
Ginger tea



www.artisanalhealing.com

info@artisanalhealing.com