

Summer

JULY – OCTOBER

SEASONAL EATING

FOOD FOCUS

- *sweet*
- *fresh*
- *raw*
- *astringent*
- *cool*
- *heavy*
- *avoid: spicy*

TEA & SPICES

- chamomile
- chicory
- coriander
- dandelion
- hibiscus
- mint

MISC

- coconut (and oil)
- olives (and oil)
- pumpkin seeds
- sunflower seeds
- almonds
- rice
- barley
- garbanzo beans
- mung beans
- ghee

PRODUCE

- apples
- apricots
- artichokes
- beet greens
- bell peppers
- blueberries
- cantaloupe
- cherries
- cilantro
- cucumbers
- fennel
- grapes
- guava
- jicama
- lettuce
- mango
- melon
- okra
- peaches
- pears
- pineapple
- plums
- raspberries
- seaweed
- strawberries
- tomatoes
- zucchini

