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Autumn Food Chart:

Fruits	Vegetables	Beans	Grains	Nuts	Seeds
Apples	Artichokes (Jerusalem)	Adzuki	Amaranth	Almonds	Hemp
Blackberries	Beets	Black Beans	Barley	Brazil nuts	Linseed
Black curries	Bell Peppers	Black Eyes Peas	Buckwheat	Chestnuts	Pumpkin
Boysen Berries	Broccoli	Chickpeas	Mellit	Hazelnuts	Sesame
Cranberries	Brussel Sprouts	Green Beans	Oats	Macadamia	
Figs	Cabbage	Kidney	Quinoa	Pecans	
Gooseberries	Carrots	Lentils	Rice (short grain)	Pine nuts	
Grapes (with seeds)	Celeriac	Mung	Wild rice	Pistachios	
Lime	Celery	Pinto		Walnuts	
Loganberries	Chard	Split Peas			
Peaches	Chinese cabbage leaves				
Pears	Cauliflower				
Persimmons	Corn				
Plums	Cress (water)				
Pomegranates	Cucumber				
Raspberries	Eggplant (early fall)				
	Endive				
Rhubarb	Fennel				
	Garlic				
	Horseradish				
	Kale				
	Kohlrabi				
	Leeks				
	Lettuces				
	Mushrooms				
	Okra				
	Onions				
	Parsnips				
	Peas				
	Potatoes				
	Potatoes (Sweet)				
	Pumpkin				

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	Radishes				
	Rutabagas				
	Spinach				
	Squash				
	Tomatoes				
	Turnips				
	Winter Squash				
	Zucchini Squash				

Herbs

Basil	Cinnamon	Dill	Ginger	Rosemary	Thyme	Turmeric
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Fish

Bass Sea	Cod	Haddock	Salmon	Sole
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