

Spring Foods

Fruits	Vegetables	Beans	Grains	Nuts	Seeds	Fish	Meat
Avocado	Artichoke	Adzuki	Barley	Almond	Alfalfa	Cod	Hare
Dates	Arugula	Fava	Buckwheat	Brazil	Black Sesame Seeds	Halibut	lamb
Grapefruit	Asparagus	Garbanzo	Corn	Cashew	Clover	Mussels	
Jicama	Beet	Lentil	Rice	Filbert	Radish	Salmon	
Lemon	Beet greens	Mung	Rye	Macadamia	Sunflower		
Lime	Bok Choy	Sprouted	Spouted wheat	Pecan			
Loquat	Broccoli			Pine nut			
Olive	Brussels sprouts			Pistachio			
Orange	Cabbage			Walnut			
Plum	Carrot						
Strawberry	Cauliflower						
Tangelo	Celery						
Tangerine	Chard						
	Chickweed						
	Chicory						
	Chives						
	Cilantro						
	Collard greens						
	Comfrey						
	Cucumber *						
	Dandelion greens						
	Daikon Radish						
	Green garlic						
	Green onion						
	Green peas						
	Kale						
	Leeks						
	Lettuce						
	Mint						
	Mushroom						

Spring Foods

	Mustard greens						
	Nettles						
	Parsley						
	Radish						
	Rhubarb						
	Sorrel greens						
	Spinach						
	Spring Onions						
	Sprouts						
	Sugar peas						
	Watercress						