

Spring Foods

Fruits	Vegetables	Beans	Grains	Nuts	Seeds
Avocado	Artichoke	Adzuki	Barley	Almond	Alfalfa
Dates	Arugula	Fava	Buckwheat	Brazil	Black Sesame Seeds
Grapefruit	Asparagus	Garbanzo	Corn	Cashew	Clover
Jicama	Beet	Lentil	Rice	Filbert	Radish
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				
	Mustard greens				
	Nettles				
	Parsley				
	Radish				
	Rhubarb				
	Sorrel greens				
	Spinach				
	Spring Onions				
	Sprouts				
	Sugar peas				
	Watercress				

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