

# Summer Food Chart

<b>Fruits</b>	<b>Vegetables</b>	<b>Beans</b>	<b>Grains</b>	<b>Nuts*</b>	<b>Seeds*</b>
Apricot	Asparagus	Adzuki	Amaranth	Almonds	Hemp
Bartlett Pear	Beets	Black	Barley	Brazil nuts	Linseed
Blackberries	Bitter Melon	Black-Eye Peas	Buckwheat	Cashews	Pumpkin
Blueberries	Broccoli	Borlotti	Bulgar wheat	Chestnuts	Sesame white and black
Boysenberries	Boston Lettuce	Chickpeas	Millet	Hazelnuts	Sunflower
Cantaloupe	Cabbage	Kidney	Oats	Macadamia	
Carambola	Corn	Lentils	Rice (long & wild)	Peanuts *	
Casaba Melon	Carrots	Lima Beans	Wheat	Pecans	
Cherries	Cauliflower	Pinto	Quinoa	Pine	
Cranberry	Celeriac	Soya		Pistachios	
Crenshaw Melon	Cucumber	Split peas		Walnuts	
Currants	Eggplant	Soy/Edamame			
Fig	Fennel				
Gold Kiwifruit	Green Beans				
Gooseberries	Horseradish				
Grapes – with seeds	Knob Onion				
Guava	Lettuce				
Honeydew Melon	Mushrooms				
Juan Canary Melon	Okra				
Key Lime	Onions				
Lime	Peas				
Loganberries	Peppers				
Nectarine	Potatoes				
Peach	Radishes				
Persian Melon	Rhubarb				
Plum	Snap Beans				
Raspberries	Spinach				
Strawberries	Squash Summer				
Tomatoes Red /Green	Swiss Chard				
Watermelon	Tamarillo				
	Yellow Squash				
	Wax beans/wax Watercress				
	Zucchini				

# Summer Food Chart

<b>Fish *</b>	<b>Herbs</b>	<b>Bean Sprouts</b>
Anchovies	Basil ( <i>Ocimum spp</i> )	Adzuki
Butterfish	Chives	Alfalfa
Cod	Cilantro	Broccoli
Flounder	Dill ( <i>anethum graveolens</i> )	Clover
Haddock	Job's Tears ( <i>coix lacryma jobi</i> )	Lentil (Green)
Herring	Lemongrass ( <i>Cymbopogon citratus</i> )	Mung
Perch	Mint ( <i>mentha spp</i> )	Mustard
Pollock	Oregano ( <i>origanum spp</i> )	Onion
Sardines	Parsley ( <i>petroselinum crispum</i> )	Pea
Salmon	Rosemary ( <i>rosunarinus officinalis</i> )	Radish
Tilapia	Tarragon ( <i>artemisia dracunculus sativa</i> )	Sunflower

\*Nuts and seeds should be soaked in distilled water for 4 to 8 hours before eating to release the inhibitors for easier digestion and absorption of fat and water soluble.

Local organic food is the best, however, if you purchase organic food that is not local, make sure it was not picked immature because it may be lacking vital nutrients.

If you purchase nonorganic food, there are washes on the market that can be used to reduce the toxicity of the herbicide or pesticide. Food grade Hydrogen peroxide may also help.

Make sure all fruits and vegetables are ripe before you consume them, this way you will get the full benefits of their nutrients and a high alkaline stasis.