

Summer Food Chart

| Fruits | Vegetables | Beans | Grains | Nuts* | Seeds* |
|---------------------|--------------------------|----------------|--------------------|-------------|------------------------|
| 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

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