



# Food & shopping list

**Here is your shopping list and cooking styles for the Spring**

## **Foods of the Season**

In the spring we should naturally eat less, to cleanse the body of the fats and heavy foods of the winter. The diet should be the lightest of the year and contain foods which emphasise the yang, ascending and expansive qualities of spring - young plants, fresh greens, sprouts and immature cereal grasses. Salty foods such as soy sauce, miso and sodium rich meats all have a strong component of sinking energy and are best limited during spring. Too many heavy foods clog the liver and results in spring fevers.



## **Juicing**

Fresh pressed green juices in the warmer weather are one of the keys of a healthy spring ( see additional notes for recipes)

## Sour is the flavour

The flavour of spring is sour, it is most active in the liver, where it counteracts the effects of rich greasy food, functioning as a solvent and breaking down fats and protein. Sourness also aids in the digestion to dissolve minerals for improved assimilation, this flavour can also help strengthen weakened lungs. Sour foods: Lemons and Limes, Kimchi, greek yoghurt, rhubarb, sauerkraut, see shopping list for more.



Supportive flavours are sweet and pungent, for this effect you could use a small amount of raw honey or brown rice malt syrup with some pungent cooking herbs like mint as a tea, these will create a personal spring within. Other cooking herbs that are desirable at this time are basil, fennel, marjoram, rosemary, caraway, dill and bayleaf. Most of the complex carbohydrates such as grains, legumes, and seeds have a primarily, sweet flavour which increases when sprouted.

Young beets, carrots and other starchy vegetables, are also good at this time of year.

## Cooking style is of huge importance

Stir fry's - quick cooking to keep the energy in the fresh newly grown food.

Food preparation should become simpler in spring. Raw and sprouted foods (when it starts to warm up ) can be emphasised. In Ayurveda, these foods are termed vatic, which means "wind-like"

According to Ayurvedic thought, they encourage quickness, rapid movement and outward activity in general. They are also cleansing and cooling.

## Green foods for Spring - Shopping list below ...

<b>Dried and specialist</b>	<b>Nuts &amp; seeds ..below</b>	<b>Herbs spices etc</b>	<b>Fish Meat</b>
sprouting seeds	sunflower	ginger	white fish
pulses, peas, beans, lentils	sesame	Mint	deep water fish
whole-grains	flax seed	Fennel	
Tofu Millet	hemp	Rosemary	<b>Fruit</b>
Brown rice (short grain)	pumpkin	Brown rice syrup	Apples
Tempeh	hazel nuts	Dill	Pears
Seaweed	brazil nuts	Bayleaf	Grapefruits
oats	almonds	Honey	Rhubarb
miso	cashew nuts	olives	Gooseberries
		Tamarind	
<b>Vegetables</b>	<b>fresh spring greens lots of them !</b>		<b>Sprouting seeds</b>
Spinnach	broccoli	Asparagus	Mung Beans
watercress	Celery	courgette	Alfalfa, Adzuki & chick peas
parsley	daikon	bamboo shoot	<b>Sour foods</b>
mustard leaf	Leeks	caper	Lemmons & limes
onion	Spring greens	green leafy vegetables,	Rhubarb
Beetroot	Rainbow chard	Chinese cabbage	Apple cider vinagar
Garlic	Cauliflower	Asparagus	Greek yoghurt
radish	Pak choy	leak	Kefir
spring onion	Chicory	marrow	Kimchi
shitake mushroom	Barley grass	cauliflower	Kombucha
		Umeboshi plums	Sauerkraut