



Ayurvedic Seasonal Food List

Seasonal eating is one of the cornerstones of healthy living. Eating seasonally appropriate foods can help keep your digestive fire strong and support your immunity through seasonal changes. Our ayurvedic food list includes a list for spring, summer, and fall/winter. For more information on Ayurveda or Seasonal Living, visit our blog at farmtrue.com/our-blog-updates.

Fruits

Fall/Winter, Vata

Apples (Cooked)
Apricots
Avocados
Bananas
Berries
Cantaloupe
Cherries
Dates
Figs
Grapefruit
Lemons
Limes
Mangoes
Oranges & Nectarines
Pineapple
Papaya
Peaches
Pears
Persimmons
Prunes (Soaked)
Tangerines

Spring, Kapha

Apples
Blueberries
Grapefruit
Grapes
Dried Fruits
Lemons
Limes
Papayas
Pears
Pomegranates
Prunes (Soaked)
Raisins
Raspberries
Strawberries

Summer, Pitta

Apples
Apricots
Avocados
Berries
Cantaloupe
Cherries
Coconut
Cranberries
Dates
Grapes
Guava
Limes
Mangoes
Melons
Pears
Pineapples
Plums
Pomegranates
Prunes
Oranges
Raspberries
Strawberries
Tangerines

Vegetables

All cooked; add a healthy oil such as ghee along with warming spices.

Fall/Winter, Vata

Asparagus
Artichoke Hearts
Beets
Brussels Sprouts
Carrots
Chiles
Corn
Fennel
Eggplant (Cooked)
Garlic
Ginger
Greens (Cooked)
Mushrooms
Leeks & Onions
Okra
Potatoes
Parsley
Pumpkin
Sweet Potatoes
Tomatoes (Cooked)
Winter Squash
Turnips

Spring, Kapha

Alfalfa Sprouts
Artichokes
Asparagus
Bell Peppers
Beets & Beet Greens
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Chard
Chilies
Collard Greens
Corn
Dandelion Greens
Endive
Kale
Leeks & Onions
Lettuce
Mushrooms
Peas
Potatoes, White
Radishes
Spinach
Sprouts
Turnips

Summer, Pitta

Alfalfa Sprouts
Artichokes
Bean Sprouts
Beet Greens
Bell Peppers
Broccoli
Brussels Sprouts
Cabbage
Cauliflower
Celery
Cilantro
Chard
Collard Greens
Cucumbers
Endive
Fennel
Green Beans
Jicama
Kale
Lettuce
Mushrooms
Okra
Snow Peas
Pumpkin
Potatoes
Watercress
Winter Squash
Zucchini

Grains

Fall/Winter, Vata

Amaranth
Barley
Buckwheat
Einkorn
Millet
Oats
Quinoa
Rice, Basmati
Rice, Brown
Rye
Wheat

Spring, Kapha

Amaranth
Barley
Buckwheat
Corn
Durham Flour
Millet
Oats (Dry, Not Cooked)
Quinoa
Rice, Basmati
Rye
Spelt
Tapioca
Wheat Bran

Summer, Pitta

Barley
Oat
Rice
Rye
Wheat

Legumes

Fall/Winter, Vata

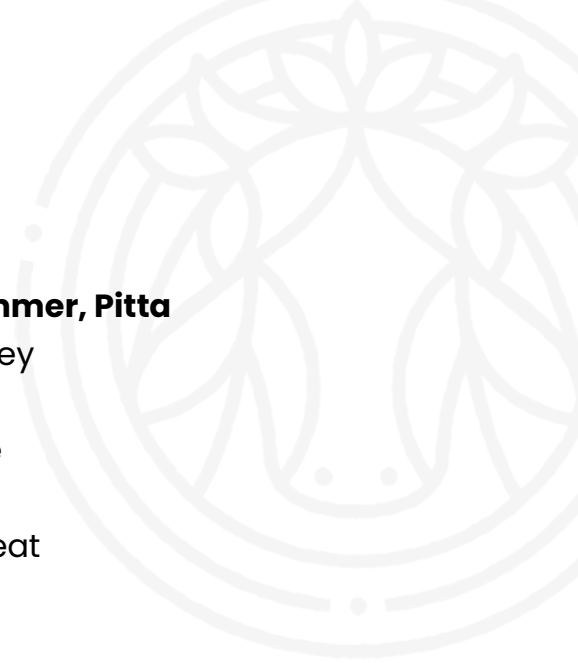
Lentils, Brown
Lentils, Red
Mung Beans
Navy Beans
Quinoa
Rice, Basmati
Rice, Brown
Rye
Tempeh
Tofu
Wheat

Spring, Kapha

Adzuki Beans
Black Beans
Black-Eyed Peas
Garbanzo Beans
Kidney Beans
Lentils
Lima Beans
Mung Beans
Navy Beans
Split Peas
Navy Beans
Pinto Beans
Split Peas
Tempeh
White Beans

Summer, Pitta

Adzuki Beans
Black Beans
Fava Beans
Garbanzo Beans
Kidney Beans
Lentils
Mung Beans
Soy Beans
Split Peas



Nuts & Seeds

Most nuts and seeds are good for the winter time.

Fall/Winter, Vata

Almonds
Brazil Nuts
Cashews
Hazelnuts
Macadamia Nuts
Pecans
Pine Nuts
Pistachios
Pumpkin Seeds
Sunflower Seeds
Walnuts

Spring, Kapha

Filberts
Pinons
Popcorn
Pumpkin Seeds
Sunflower Seeds
Pine Nuts
Pumpkin Seeds
Sunflower Seeds

Summer, Pitta

Almonds
Cashews
Coconuts
Flax
Macadamia Nuts

Dairy

Favor raw or vat pasteurized when possible.

Fall/Winter, Vata

Butter
Butter Milk
Cottage Cheese
Cow's Milk (Not Cold)
Ghee
Goat's Milk (Not Cold)
Kefir
Soft Cheeses
Sour Cream

Spring, Kapha

Cottage Cheese
Ghee
Goat's Milk
Oat Milk
Rice Milk
Yogurt (Low-Fat)

Summer, Pitta

Butter
Cottage Cheese
Ghee
Oat Milk
Rice Milk
Soy Milk

Sweeteners

Fall/Winter, Vata

Honey
Jaggery
Molasses
Maple Syrup

Spring, Kapha

Honey
Maple Syrup
Molasses

Summer, Pitta

Maple Syrup
Rice Syrup
Turbinado
Unrefined Cane Sugar

Oils

Kaphas should reduce oils.

Fall/Winter, Vata

Almond Oil
Flax Seed Oil
Ghee
Mustard Oil
Olive Oil
(Unadulterated)
Safflower Oil
Sesame Oil
Sunflower Oil

Spring, Kapha

Flax Seed Oil
Ghee
Hemp Oil
Mustard Oil
Sunflower Oil

Summer, Pitta

Avocado Oil
Coconut Oil
Ghee
Olive Oil

Spices

All spices can support digestion during the winter months. All spices can support digestion through the spring months as well, but favor mild heat and pepper for cleansing.

Fall/Winter, Vata

Anise
Asafetida
Basil
Bay Leaf
Black Pepper
Caraway
Cardamom
Cayenne
Cinnamon
Clove
Coriander
Cumin

Spring, Kapha

Anise
Asafetida
Basil
Bay Leaf
Black Pepper
Chamomile
Caraway
Cardamom
Cayenne
Cinnamon
Clove
Coriander
Cumin
Dill
Fenugreek
Horseradish
Turmeric

Summer, Pitta

Anise
Asafetida
Basil
Cardamom
Cilantro
Coriander
Dill
Fennel
Cumin
Cilantro
Lime
Mint
Parsley
Peppermint
Saffron

Animal Products

Favor in moderation if you eat these items.

Fall/Winter, Vata

Eggs

Poultry

Venison

Spring, Kapha

Eggs (In Moderation)

Fish, Freshwater

Fish, Ocean

Poultry (White Meat)

Summer, Pitta

Fish, Freshwater

Poultry (White Meat)

Shrimp (In Moderation)

