Seasonal Eating

**Spring**

A season of hope and renewal. There is upward and outward movement. Spring energy is sprouting. Time of planting, clearing, rebirth, newness. Spring marks the return of the warming sun. Foods that are light and bitter such as dandelion greens, watercress, spinach, radishes and rhubarb support the liver in the spring.

**Summer**

A season of potential abundance. Daylight extends, darkness decreases. Temperatures rise; a time of heat. Time of high energy production. Diet includes cooling foods such as cucumbers and melon. Zucchini and salads. Raw vegetables. Consuming fewer warm or hot foods. Also less hot spice.

**Autumn**

Warm days, cooler evenings. The light changes; days shorten. The wind blows, the air begins to dry. Autumn...season of harvest. Eating foods that have been locally harvested such as squash and pumpkin, root vegetables, apples. More cooked foods. Stews and soups are back on the menu. Increase warm fluids. Lemon and ginger stimulate digestion. Sip on hot lemon, ginger and honey.

**Winter**

A season of hibernation, conserving. In the winter, cold and heavy. Our bodies dry. High protein, high fat foods are best; warm, heavy oily foods replenish moisture. Add foods that are sweet, salty and sour. Cook with warming herbs and spices: thyme, sage, and rosemary, cardamom, cumin, ginger, cinnamon, fennel, cloves, mustard seed, peppers and chilies.