

Seasonal Shopping Lists



Ayurveda looks closely at the way food tastes, feels, transforms, and heals. It considers the natural rhythms of the season and prioritizes the strength of our digestive fire - *agni*, in Sanskrit, above all else. *Agni* oversees digestion, absorption, and assimilation in the GI tract, as well as the exchange of nutrients at the cellular level - even the digestion of thoughts and emotions. Ayurveda emphasizes quality over quantity, and *a balanced agni* is your number one defense system against ill health and disease.

KEY TAKEAWAY: Nourishment (ahara) is considered anything taken in through the senses that cultivates the healthy development of the mind and body.



(FALL/WINTER)

- Red lentils
- Adzuki beans
- Quinoa
- Maple Syrup/Jaggary
- Ghee (clarified butter)
- Acorn/butternut/buttercup/delicata squash
- Sweet potato
- Turnips
- Rutabaga
- Leafy greens (kale, collards, mustard, chard)
- Cauliflower
- Apples
- Figs
- Yellow mung beans (split & hulled) for kitchari phase
- Chickpeas
- Basmati or brown rice
- Honey
- Almonds (peeled & soaked)
- Coconut oil and/or EVOO
- Sea vegetables
- Carrots
- Parsnips
- Raisins
- Beets
- Onions/garlic
- Pears
- Dates

(SPRING)

- Artichokes
- Arugula
- Endive, Radicchio
- Spinach
- Chilies
- Pears
- Tofu
- Grapefruit
- White beans, red/green lentils
- Yellow mung beans (split & hulled) for kitchari phase
- Sprouts
- Barley, Buckwheat, Millet, Rye
- Asparagus
- Goat cheese
- Apple cider, balsamic vinegar
- Pomegranate
- Cranberry, cherries
- Raisins, prunes

(SUMMER)

- Beets
- Fennel
- Summer squashes, zucchini
- Berries
- Peaches, plums
- Barley, quinoa
- Avocado
- Goat cheese
- Corn
- Cukes
- Apples
- Dates
- Melons
- Chick peas, white beans
- Coconut, coconut water, rose water
- Yogurt, fresh

How Food Feels & Tastes

Building, Nourishing, Promoting Qualities	Reducing or Lightening Qualities	Tastes
Heavy	Light (in weight)	Sweet
Slow/dull	Sharp/penetrating	Sour
Cold	Hot	
Oily	Dry	Salty
Smooth	Rough	
Dense/thick/solid	Liquid	Bitter
Soft	Hard	
Static/stable	Mobile/unstable	Pungent
Gross/big	Subtle	
Slimy/cloudy/sticky	Clear/non-slimy	Astringent

(Table 1): How Food Feels & Tastes