



FOODS FOR SPRING

AN AYURVEDIC GUIDE

As the weather warms, incorporate more pungent, bitter, and astringent foods that are light and energizing. This list is NOT exhaustive—when in doubt, choose what's **fresh, familiar, locally available**, and suitable for your digestion.

Fruits



Apples

Berries

Cherries

Lemons

Limes

Oranges

Pears



Artichoke

Asparagus

Bitter Melon

Broccoli

Cabbage

Cauliflower

Celery

Chard



Dandelion Greens

Dill

Green Beans

Kale

Mustard Greens

Radishes

Turnips



Spices

Pretty much any. Use generously..

Carom Seeds (Ajwain)

Black Pepper

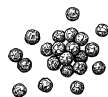
Ginger Powder

Cloves

Cumin

Fenugreek

Turmeric



Grains

Amaranth

Barley

Buckwheat

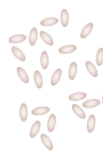
Couscous

Granola

Millet

Quinoa

Rice



Dairy

Limit in most forms.

Buttermilk

Sweeteners

Honey*

**do not heat!*

