Seasonal Shopping List*
Spring (September to November)

www.eaturgreens.com

Fresh vegetables
- [ ] Asparagus
- [ ] Artichokes (globe)
- [ ] Baby marrows / courgettes
- [ ] Beetroot
- [ ] Broad beans
- [ ] Broccoli
- [ ] Cabbage
- [ ] Carrots
- [ ] Cauliflower
- [ ] Celery
- [ ] Corn / mealies
- [ ] Cucumber
- [ ] Endive
- [ ] Green beans
- [ ] Leeks
- [ ] Lettuce
- [ ] Mushrooms
- [ ] Onions
- [ ] Parsnips
- [ ] Peas
- [ ] Potatoes
- [ ] Potatoes (baby)
- [ ] Pumpkin
- [ ] Radishes
- [ ] Spinach
- [ ] Swiss chard
- [ ] Squash
- [ ] Spring onion
- [ ] Sweet potatoes
- [ ] Turnips
- [ ] Waterblommetjies

Fresh fruits
- [ ] Avocados
- [ ] Apricots
- [ ] Bananas
- [ ] Cape gooseberries
- [ ] Cherries
- [ ] Coconut
- [ ] Grapefruit
- [ ] Guavas
- [ ] Kumquats
- [ ] Kiwis
- [ ] Lemons
- [ ] Limes
- [ ] Melons
- [ ] Mulberries
- [ ] Naartjies / tangerines / mandarins
- [ ] Oranges
- [ ] Papaya / paw paw
- [ ] Peaches
- [ ] Pineapple
- [ ] Plums
- [ ] Spanspek / cantalope melon
- [ ] Strawberries
- [ ] Tomatoes
- [ ] Watermelon

Fresh herbs
- [ ] Basil
- [ ] Bulb fennel
- [ ] Chives
- [ ] Dill
- [ ] Fennel
- [ ] French tarragon
- [ ] Garden cress
- [ ] Garlic
- [ ] Garlic chives
- [ ] Lavender
- [ ] Lemongrass
- [ ] Lime leaves
- [ ] Marjoram
- [ ] Mint
- [ ] Mustard (green or red)
- [ ] Oreganum
- [ ] Parsley
- [ ] Rhubarb
- [ ] Rocket
- [ ] Rosemary
- [ ] Sage
- [ ] Sorrel
- [ ] Thyme

Nuts
- [ ] Almonds

Frozen vegetables
- [ ] Corn / mealies
- [ ] Peas

Frozen fruits
- [ ] Blackberries
- [ ] Blueberries
- [ ] Cherries
- [ ] Mixed berries
- [ ] Raspberries

Dried fruits
- [ ] Apricots
- [ ] Cranberries
- [ ] Goji berries
- [ ] Peaches
- [ ] Pomegranate
- [ ] Sundried tomato

Dried herbs
- [ ] Bay leaves
- [ ] Curry leaves
- [ ] Lime leaves
- [ ] Oreganum
- [ ] Rosemary
- [ ] Thyme

Spices & seasonings
- [ ] Allspice
- [ ] Black peppercorns
- [ ] Caraway seeds
- [ ] Cardomom (pods or seeds)
- [ ] Cayenne pepper / chilli powder
- [ ] Chilli (fresh, dried or paste)
- [ ] Cinnamon (sticks and ground)
- [ ] Cloves (whole or ground)
- [ ] Coriander (seeds or ground)
- [ ] Cumin (seeds or ground)
- [ ] Curry powder (masala)
- [ ] Fennel seeds
- [ ] Garam masala curry powder
- [ ] Ginger (ground)
- [ ] Herbal salt
- [ ] Mustard (seeds and ground)
- [ ] Nutmeg (whole or ground)
- [ ] Paprika (smoked and unsmoked)
- [ ] Saffron
- [ ] Salt (sea, desert, or rock)
- [ ] Tamarind paste
- [ ] Tumeric
- [ ] Vanilla pod
- [ ] Vegetable stock powder

Grains & cereals
- [ ] Barley flakes
- [ ] Brown basmati rice
- [ ] Brown rice flakes
- [ ] Maize or polenta meal (stoneground)
- [ ] Millet flakes
- [ ] Oat bran
- [ ] Oat flakes (rolled)
- [ ] Pearl or pot barley (whole)
- [ ] Quinoa
- [ ] Quinoa flakes
- [ ] Spelt bran flakes (wholegrain and sugar-free)
- [ ] Muesli (raw or toasted)
- [ ] Wholewheat couscous
- [ ] Wild rice

Pasta & noodles
- [ ] Spaghetti (corn, buckwheat soba rye or wholewheat)
- [ ] Penne (corn, rye or wholewheat)
- [ ] Lasagne (rye or wholewheat)
- [ ] Spirals (corn, buckwheat, rye or wholewheat)

Baking
- [ ] Agar agar / gelatine
- [ ] Bicarbonate of soda
- [ ] Cocao powder
- [ ] Coconut (dessicated)
- [ ] Cream of tartar
- [ ] Buckwheat flour
- [ ] Chickpea flour
- [ ] Corn flour (unbleached)
- [ ] Oatmeal flour
- [ ] Polenta / maize flour (superfine)
- [ ] Potato flour
- [ ] Quinoa flour
- [ ] Rice flour (brown and white)
- [ ] Rye flour
- [ ] Soya flour
- [ ] Spelt flour
- [ ] Tapioca or sago flour
- [ ] Wholewheat flour
- [ ] Stevia (powder or liquid)
- [ ] Soya lecithin granules
- [ ] Tapioca or sago pearls
- [ ] Vanilla extract
- [ ] Xanthum / guar gum

Eggs, dairy & alternatives
- [ ] Eggs
- [ ] Butter (unsalted) / ghee
- [ ] Cottage cheese
- [ ] Cream
- [ ] Cream cheese (low-fat)
- [ ] Feta (cow's or goat's)
- [ ] Fromage frais (fat-reduced)
- [ ] Goat's cheese
- [ ] Halloumi cheese
- [ ] Milk (low-fat)
- [ ] Mozzarella
- [ ] Parmesan cheese
- [ ] Ricotta cheese
- [ ] Rice milk
- [ ] Sheep / goat's milk
- [ ] Soya milk (unsweetened)
- [ ] Yogurt (plain, low-fat)
- [ ] Sheep / goat's yogurt
- [ ] Whey powder
- [ ] White cheddar (uncoloured)

Baked goods
- [ ] Wholewheat bread (sourdough)
- [ ] Rye bread (100%, sourdough)
- [ ] Gluten-free bread (sourdough high protein / fibre)
- [ ] Pita bread (wholewheat)
- [ ] Wholemeal buns (sourdough)
- [ ] Gluten-free buns (sourdough high protein / fibre)
- [ ] Tortillas (wholewheat or gluten-free)

Store cupboard
- [ ] Coconut milk
- [ ] Fish sauce
- [ ] Miso paste
- [ ] Nori sheets
- [ ] Olives (black, green or calamata)
- [ ] Peppadews
- [ ] Shrimp paste
- [ ] Tomato paste
- [ ] Tomato puree
- [ ] Tomatoes (canned)

Vinegar & oils
- [ ] Apple cider vinegar
- [ ] Balsamic vinegar
- [ ] Coconut oil
- [ ] Flax oil
- [ ] Macadamia nut oil
- [ ] Olive oil (extra virgin)
- [ ] Peanut oil
- [ ] Sesame seed oil (or toasted)
- [ ] Wine vinegar
- [ ] Walnut oil

Seeds
- [ ] Flax / linseeds
- [ ] Poppy seeds
- [ ] Pumpkin seeds
- [ ] Sesame seeds
- [ ] Sunflower seeds

Legumes
- [ ] Adzuki beans (dried)
- [ ] Butter beans (canned)
- [ ] Cannellini beans (canned)
- [ ] Chickpeas (canned)
- [ ] Haricot beans (canned)
- [ ] Kidney beans (canned)
- [ ] Lentils (black, brown or green, canned and dried)
- [ ] Mung beans (dried)
- [ ] Split peas (dried)

Meat & alternatives
- [ ] Beef
- [ ] Chicken
- [ ] Ham (cooked or smoked)
- [ ] Lamb
- [ ] Ostrich
- [ ] Pork
- [ ] Tofu (or smoked Tofu)

Seafood
- [ ] Anchovies (in olive oil)
- [ ] Calamari
- [ ] Haddock (smoked)
- [ ] Hake
- [ ] Kippers
- [ ] Mackerel (fresh or canned)
- [ ] Mackerel (smoked or fresh)
- [ ] Marinara mix
- [ ] Prawns
- [ ] Salmon (fresh, smoked and canned)
- [ ] Tuna (fresh and canned)
- [ ] Trout

Condiments & spreads
- [ ] Hummus
- [ ] Mustard (Dijon or wholegrain)
- [ ] Nut butter (cashew, macadamia)
- [ ] Peanut butter
- [ ] Pesto (fresh)
- [ ] Soy sauce
- [ ] Tabasco sauce
- [ ] Tamari
- [ ] Tahini
- [ ] Tzatziki
- [ ] Worcestershire sauce

Snacks, sweets & sweeteners
- [ ] Brown rice cakes
- [ ] Corn cakes
- [ ] Dark chocolate (70% cocoa)
- [ ] Nacho corn chips (wholegrain)
- [ ] Oat cakes
- [ ] Popcorn kernels
- [ ] Raw honey
- [ ] Xylitol

Drinks
- [ ] Apple or berry juice (100% pure)
- [ ] Carob powder
- [ ] Carrot juice
- [ ] Fruit tea
- [ ] Green tea
- [ ] Herbal tea (camomile, peppermint)
- [ ] Rooibos / Red Espresso tea
- [ ] Wine (red and white)
- [ ] Natural sparkling mineral water

Kitchen supplies
- [ ] Baking paper
- [ ] Paper towel
- [ ] Wax paper
- [ ] Fruit & vegetable wash
- [ ] Muffin cases
- [ ] Natural kitchen detergents
- [ ] Water filter cartridge

Other
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_____
_____

Opt for fresh, raw and whole, organic or natural and free-range animal products. * The fresh produce listed is only a guide. For a full list, see: **http://www.naturalnutrition.co.za/recipes/seasonal-chart**