

VEGETABLES

- Amaranth greens-same as callaloo,a variety of greens
- Wild Arugula
- Avocado
- Bell Peppers
- Chayote(Mexican Squash)
- Cucumber
- Dandelion Greens
- Garbanzo beans (Chickpeas)

- Izote-cactus flower/cactus leaf
- Kale
- Lettuce (all,except iceberg)
- Mushrooms (all,except Shitake)
- Nopales-Mexican Cactus
- Okra
- Olives
- Onions
- Sea Vegetables(wakame/dulse/aramé/hijiki/nori)
- Squash
- Tomato-cherry and plum only
- Tomatillo
- Turnip greens
- Zucchini
- Watercress
- Purslane (Verdolaga)
- All traditional greens (except cassava leaves)

FRUITS

Apples

Bananas-the smallest ones or the Burro/mid size (original banana)

Berries-all varieties-Elderberries in any form-no cranberries

Cantaloupe

Cherries

Currants

Dates

Figs

Grapes-seeded

Limes (key limes preferred with seeds)

Mango

Melons-seeded

Orange (seville or sour preferred,difficult to find)

Papaya

Peaches

Pears
Plums
Prickly Pear (cactus Fruit)
Prunes
Raisins-seeded
Soft Jelly Coconuts
Soursops-(Latin or West Indian markets)
Tamarind.
Guava
Soursop
Zambarau
Wild fruit
Baobab powder
Sweet banana

ALL NATURAL HERBAL TEAS

Burdock
Chamomile
Elderberry
Fennel
Ginger
Raspberry
Tila
Nettle
Marula

GRAINS

Amaranth
Pearl Millet
Fonio
Kamut
Quinoa
Rye
Spelt
Tef
Wild Rice
Chickpeas
Cowpeas
Bambara Bean
Pigeon Peas

NUTS & SEEDS (Includes Nut &Seed Butters)

Hempseed

Raw Sesame Seeds
Raw Sesame "Tahini" Butter
Walnuts
Brazil Nuts

OILS

Olive Oil (Do not cook)
Coconut Oil (Do not cook)
Grapeseed Oil
Sesame Oil
Hempseed Oil
Avocado Oil

SPICES & SEASONINGS

MILD FLAVORS

Basil
Bay leaf
Cloves
Dill
Oregano
Savory
Sweet Basil
Tarragon
Thyme
Cardamom
Lemon grass

PUNGENT & SPICY FLAVOURS

Achiote
Cayenne/African Bird Pepper
Onion Powder
Habanero
Sage
Ginger Powder
Ajwan

SALTY FLAVOURS

Pure Sea Salt
Powdered Granulated Seaweed
(kelp/Dulse/Nori-has "sea taste")

SWEET FLAVOURS

Pure Agave Syrup-(from cactus)
Date Sugar

Dates

WATER-ONLY SPRING WATER