

ingredients for october

liquid heat // eat on the clock
brace against the wind //
soak before you cook // favor steady sweetness

the abundance

- **delicata + acorn squash**
- **butternut, kabocha, pumpkin**
- **potatoes + sweet potatoes**
- **yams, beets, carrots, parsnips**
- **celeriac, celery, fennel**
- **spinach, chard, okra**
- green beans, eggplant
- cilantro, rosemary, thyme
- onions, leeks, garlic
- **apples, pears, quince, grapes**
- **figs, dates, persimmons**
- **pomegranate, ginger, turmeric**

grains + carbohydrates

- **white basmati**
- wild rice
- oats
- amaranth
- wheat

proteins to favor

- lentils, **mung beans**, tofu
- **chicken + pork + eggs**
- **white fish + salmon**
- almonds, seeds, pecans
- pistachios, hazelnuts, pepitas
- walnuts, sesame seeds
- A2 dairy

powerful pantry

- **ghee**
- algae oil
- **sesame oil + tahini**
- in-harvest olive oil
- almond butter + peanut butter
- dates
- **raw honey** (never warmed!)

this month:

- soup season has arrived!
Add liquid to your warm meals.
- trade juicy fruits for sweets that hold + stabilize (dates, whole milk, sweet potatoes.)
- soak your nuts, legumes + grains before cooking for better digestibility.
- eat on the clock, not the craving + prevent digestion from swinging in the wind.
- oil everywhere!
- brace against the wind with hats! scarves! warmth + sweetness!

spices to favor

- **ginger**
- **cardamom**
- **cumin seed**
- **cinnamon**
- **cardamom**
- **coriander**
- **clove**
- **turmeric**
- **star anise**
- **curry leaves**
- **vanilla**
- **black pepper**

find the recipes at lentinealexis.com