

Fall Food Guide for the Northeast *grounding energy/yang/warming

all root vegetables

carrots

ginger

onions

beets

turnips

rutabaga

burdock

radish

garlic

pumpkins

sweet potatoes

winter squashes

chilies

apples (especially cooked)

avocados

bananas

dates

figs

grapefruit

grapes

lemons

limes

mangoes

oranges

papayas

prunes

raisins

tangerines

lentils

small beans

kidney beans

cinnamon

ginger

clove

all spices

brown or basmati rice

oats