



Ross J Barr (BSc Hons, MBAcC)
Acupuncturist

Winter

Pomegranate Clementine Blood Orange **Quince** Cranberries
Rhubarb Artichokes Leeks Spuds **Brussel**
Sprouts Butternut Squash Cauliflower **Celeriac**
Chicory Nero Hispi Cabbage **Celery** Savoy Cabbage
Watercress Spinach Kale **Broccoli** Red Cabbage
Swede Cavolo Turnips Jerusalem artichokes **Parsnips**
Onions Bay Rosemary **Sage** Haddock Mackerel
Flat Fish Oysters **Coley** Sea Bass **Molluscs** Goose
Vacherin.



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