

Seasonal Food Guide For Fall

As late summer's heat gives way to early autumn's dry, cooling air, the body shifts from Pitta into Vata season. This is the month to trade light and raw for warm, moist, and grounding — food that steadies the nervous system before the wind of fall picks up.



This Month's Plate:

01 *Root Vegetables*

Grounding and sweet, cooked until soft — never raw this month.

- Sweet potato & yam
- Beets
- Carrots
- Winter squash

02 *Warming Spices*

Kindle digestion (agni) as the air begins to cool.

- Cumin & coriander
- Fresh ginger
- Cinnamon
- A pinch of black pepper

03 *Grains & Legumes*

Soft, well-cooked, and easy to digest.

- Basmati rice
- Oats, cooked warm
- Red lentils (masoor dal)
- Mung beans

04 *Fruit In Season*

Sweet and ripe, taken on their own, away from other meals.

- Figs
- Pears, stewed
- Grapes
- Ripe apples, cooked

05 *Healthy Fats*

A little more oil this month keeps dryness and Vata in check.

- Ghee Sesame oil
- Soaked almonds
- Avocado

06 *Herbal Teas*

Sipped warm through the day, not iced.

- Ginger tea CCF (cumin-coriander-fennel)
- Licorice root
- Tulsi

A NOTE ON RHYTHM

Favor warm, cooked, and moist meals over cold or raw this month. Eat at regular times, and let your largest meal fall around midday, when digestion is naturally strongest.

