

# ANTI-INFLAMMATORY FOODS

## Use these in smoothies, soups and salads

alfalfa	cilantro	oregano
alfalfa grass	coconut - fresh	parsnips
almonds	cucumber	peas - fresh
almond butter	cumin seeds	pumpkin
artichokes	egg plant	red beets-fresh
asparagus	endive	red cabbage
avocado	fennel seeds	red radish
barley grass	figs	rutabaga
basil	garlic - fresh	savoy cabbage
bee pollen	ginger - fresh	sea vegetables
bell peppers	green cabbage	seaweed
black radish	horseradish root	sesame seeds
bok choy	jicama	spelt
brussels sprouts	kale	spinach
buckwheat	kamut	sprouted seeds
cabbage	leakes	squash
caraway seeds	lemon - fresh	sweet potato
carrots	lentils	tomatoes
cauliflower	lettuce	turnip
cayenne pepper	limes - fresh	wheat grass
celery	mustard greens	white radish
cherries	navy beans	yam
chives	onion	zucchini



Homesteading Self Sufficiency Survival

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