

COOKING WITH THE MOON

MOON ZODIAC	ELEMENT	GROUP OF PLANTS	NAMES OF FRUITS AND VEGIES	QUALITY
Aries, Leo, Sagittarius	Fire	Out turn	Bean, pea, corn, tomato, pumpkin, lentils, soy, cucumber, eggplant, zucchini, chili, pepper, avocado, olives, cucumber, mushroom(?) All fruits: melon, cantaloupe, grapes, berries, etc	Protein EX: Dairy products, meat, soy
Taurus, Virgo, Capricorn	Earth	Roots	All kind of onions, garlic, carrot, turnip, parsnip, root beets, reddish, potato, celery root, ginger	Salt Ex: Root- soup day Stir fire carrot, potato and ginger
Gemini, Libra, Aquarius	Air	Flower	Cauliflower, broccoli, lettuce(?), brussel sprouts (?), sprouts, artichokes + all nuts: sun flower seed, flax seed, Pumpkin seed, walnut, cashew, almond, rice etc.	Fat Ex: Fried veggies Fried broccoli, cauliflower, elder berry, Butter sauce
Cancer, Scorpio, Pieces	Water	Leaves	All kind of lettuces(?), spinach, cabbage, bokchoy, collar greens, brussel sprouts(?), celery, asparagus, mushroom (?)	Carbohydrates Ex: Pasta, bread pasta with w cabbage SUB: cream with coconut milk