

FRESH VEGGIES

WHEN IN SEASON

- Avocados
- Bell Peppers* (*No green ones! As a winery owner green pepper is a smell/taste I cannot tolerate*)
- Broccoli*
- Brussel Sprouts*
- Cabbage *
- Carrots* (*All colors with green tops.*)
- Cauliflower*
- Celery
- Cucumbers*
- Green Onions*
- Leafy Greens*
- Mushrooms
- Spinach*
- Squash*
- Tomatoes / Cherry Tomatoes*
- Beets*
- Sweet Potatoes / Yams
- Zucchini*

**I grow in my garden/orchard*

FRESH FRUIT

WHEN IN SEASON

- Blackberries
- Blueberries*
- Apricots*
- Cherries*
- Ground Cherries*
- Kumquats*
- Lemon/Limes*
- Lychee
- Oranges & Tangerines*
- Peaches*
- Pears*
- Pomegranates*
- Plums*
- Strawberries*
- Watermelon*

YEAR ROUND

- Apples*
- Bananas
- Grapefruit*
- Mango
- Pineapple

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FRESH HERBS

- Cilantro*
- Basil*
- Thyme*
- Rosemary*
- Oregano*

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MEAT/FISH/PROTEIN

- Beef
- Pork
- Lamb
- Chicken
- Eggs
- Fish (*wild caught*)
- Shrimp
- Scallops
- Lobster or Crawfish

CONDIMENTS

- Paleo Mayo
- Dijon Mustard Whole Grain Mustard
- Capers
- Sriracha
- Tabasco Sauce
- Fish Sauce
- Coconut Aminos
- Sauerkraut
- Pickles
- Braggs Apple Cider Vinaigrette & Marinade
- Kimchi

NUTS & SEEDS

- Almonds (whole & sliced)
- Cashews (whole & pieces)
- Macadamia
- Hazelnuts
- Pecans
- Pistachios
- Walnuts

NUT BUTTERS

- Almond Butter
- Cashew Butter
- Hazelnut Butter
- Coconut Butter

FLOURS

- Coconut Flour
- Arrowroot Starch Flour
- Tapioca Starch Flour
- Quinoa Flour
- Almond Flour
- Flax Seed Flour
- Cup 4 Cup (gluten free) All Purpose Flour

CANNED GOODS

- Coconut Milk
- Coconut Water
- Organic Diced Tomatoes
- Pumpkin Puree (*not pie filling*)
- Olives
- Tuna

OILS & VINEGARS

NON-COOKING

- Extra Virgin Olive Oil
- Macadamia Oil
- Walnut Oil

COOKING

- Ghee
- Coconut Oil
- Avocado Oil

VINEGARS

- Balsamic Vinegar
- Apple Cider
- Rice

SPICES & SEASONINGS

- Black Peppercorns
- Cayenne Pepper
- Chinese Five Spice
- Cumin
- Dried Ginger (*I also keep fresh in the fridge*)
- Dried Oregano
- Dried Thyme
- Garam Masala
- Ground Ancho Chile
- Himalayan Salt
- Hot Pepper Flakes
- Lawry's Seasoning Salt (*no msg*)
- Smoked Paprika
- Spicy Curry Powder

DRIED FRUITS & PROTEINS

- Bison, Pork, Turkey or Beef Jerky
- Dates
- Dried Apricots
- Dried Cranberries
- Raisins
- Unsweetened Shredded Coconut
- Unsweetened Toasted Coconut Shavings
- Whey Protein Powder
- Zante Currants

ALL NATURAL SWEETENERS

- Honey (*harvested from beehives in our backyard*)
- Pure Maple Syrup - *Grade B or Canada Medium*
- Blackstrap Molasses
- Pure Vanilla Extract
- Pure Almond Extract
- Unsweetened Applesauce

"SWEET" SPICES

- Allspice
- Cardamom
- Ground Cinnamon
- Ground Cloves
- Hanaig
- Nutmeg (Ground & Whole)

BAKING "POWDERS"

- Baking Powder*
- Baking Soda
- Cream of Tartar
- Guar Gum

* *Did you know that baking powder contains corn starch? Make your own grain free version using in part baking soda, two parts cream of tartar and two parts arrowroot.*

CHOCOLATE

- 85% Dark Chocolate (*mostly used as an occasional treat, my favorite, what can I say?*)
- Cacao Nibs
- Cacao Powder