WINTER SEASONAL FOODS GUIDE





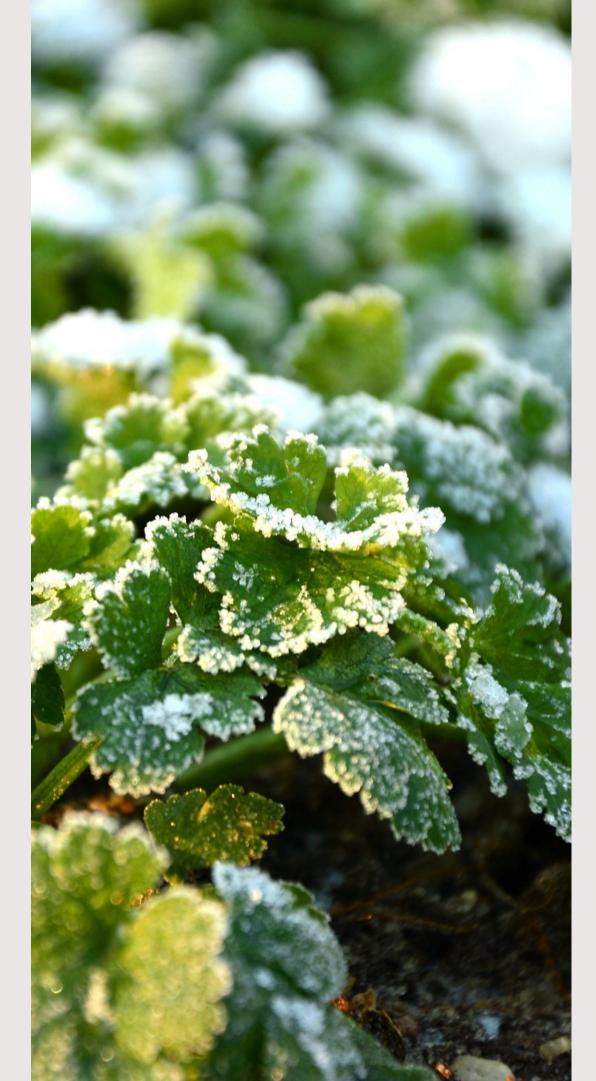
ABOUT FARMER J.

Jamila Norman is an internationally recognized urban farmer, food activist and mother based in Atlanta, GA. She is a University of Georgia graduate with a degree in Environmental Engineering.

After 10 years in her professional career, Jamila has now committed fully to operating her independent, organic urban farm, Patchwork City Farms, which she founded 2010.

In 2014 she served as a US delegate to Slow Food's Terra Madre
Salone del Gusto, an international event dedicated to food and gastronomy, in
Turin, Italy. She and her farm have been featured in various publications
including Modern Farmer Magazine, SeedStock.com,
The Library of Congress and Southern Foodways Alliance oral history project,
and Farm Star Living to name a few.

HERBS & SPIC



HERBS

ÁSAFETIDA

BASIL

BAY LEAF

CHAMOMILE

DILL

MARJORAM

OREGANO

PARSLEY

PEPPERMINT

SAGE

SPEARMINT

TARRAGON

THYME



ANISE
BLACK PEPPER
CARAWAY
CARDAMOM
CAYENNE
CINNAMON

CLOVES

CORIANDER

CUMIN

FENNEL FENUGREEK GARLIC GINGER HORSERADISH MUSTARD NUTMEG POPPY SEEDS SAFFRON TURMERIC

COOKING GREENS

BEETS

CHARD

COLLARDS

KALE

MUSTARD

SPINACH

TURNIP





GARDEN VEGGIES





NUTS/SEEDS

ALMONDS BRAZIL NUTS CASHEWS COCONUT HAZELNUTS FLAX MACADAMIA PEANUTS
PECANS
PINONS
PISTACHIOS
PUMPKIN SEEDS
SUNFLOWER SEEDS
WALNUTS



OILS

ALMOND OIL
AVOCADO OIL
CANOLA OIL
COCONUT OIL

FLAX

MUSTARD OIL
OLIVE OIL
PEANUT OIL
SAFFLOWER OIL
SUNFLOWER OI

SWEETENERS

HONEY RAW
MAPLE SYRUP
MOLASSES
SUGAR RAW
RICE SYRUP

WILD/FORAGED



LEGUMES

LENTILS
MUNG BEANSSPLIT YELLOW
DAL

NAVY

TEMPEH TOFU



GRAINS



AMARANTH BUCKWHEAT

MILLET

OATS

QUINOA

RICE

RICE, BROWN

RYE

WHEAT

BARLEY



FRUITS

APPLES

APRICOTS

CHERRIES

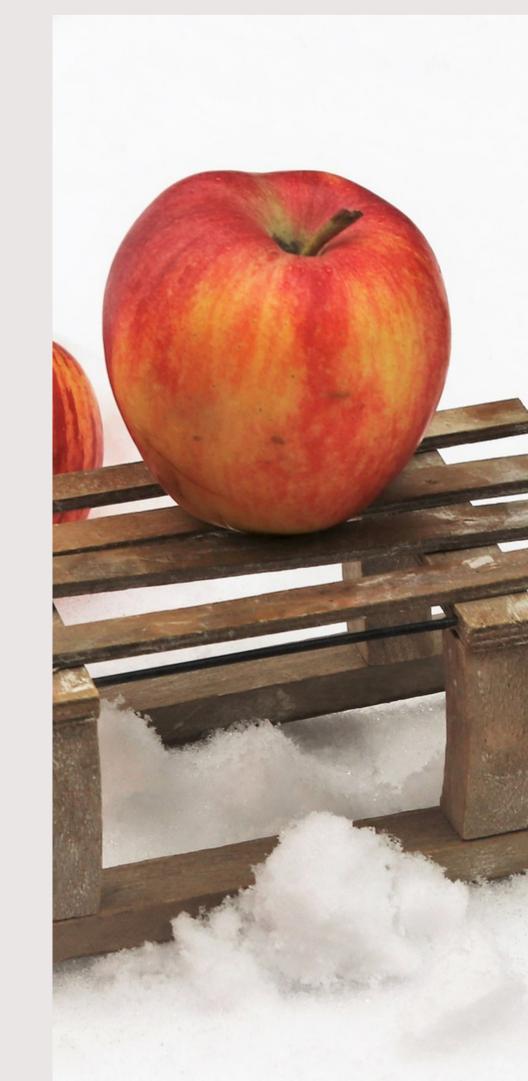
CRANBERRIES

COCONUT, RIPE

DATES

FIGS
GRAPEFRUIT
LEMON
LIME
NECTARINES
ORANGES

PEARS
PERSIMMONS
TANGERINES



Visit us www.patchworkcityfarms.com



