

WINTER SEASONAL FOODS GUIDE



WRITTEN AND CURATED BY:
JAMILA NORMAN (FARMER J)





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 & SPICES



HERBS



ASAFETIDA

BASIL

BAY LEAF

CHAMOMILE

DILL

MARJORAM

OREGANO

PARSLEY

PEPPERMINT

SAGE

SPEARMINT

TARRAGON

THYME

SPICES



FENNEL

FENUGREEK

GARLIC

GINGER

HORSERADISH

MUSTARD

NUTMEG

POPPY SEEDS

SAFFRON

TURMERIC

ANISE

BLACK PEPPER

CARAWAY

CARDAMOM

CAYENNE

CINNAMON

CLOVES

CORIANDER

CUMIN

COOKING |
GREENS

BEETS

CHARD

COLLARDS

KALE

MUSTARD

SPINACH

TURNIP

ROOT |
VEGETABLES

BEETS

CARROTS

GARLIC

ONION

POTATOES

SWEET POTATOES

TURNIPS

RUTABAGA



GARDEN + VEGGIES

ARTICHOKE HEARTS

AVOCADOS

CHILIES

FENNEL

EGGPLANT,
HOT PEPPERS

LEEKS

OKRA

PUMPKINS

SEEDWEED COOKED

SQUASH, ACORN

SQUASH, WINTER

TOMATOES



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
- SESAME OIL
- SUNFLOWER OIL

SWEETENERS

- HONEY RAW
- MAPLE SYRUP
- MOLASSES
- SUGAR RAW
- RICE SYRUP

WILD/FORAGED



MUSHROOMS

LEGUMES



LENTILS

MUNG BEANS-

SPLIT 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





PATCHWORK
— CITY FARMS —

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