

Box 1

MEATS	BEEF	DAIRY	SHEEP MILK	NUTS & SEEDS	SESAME	VEGETABLES	MUSHROOM	FRUIT	BLACKBERRY
	CHICKEN		UNPASTEURISED CHEESE		SOY		OLIVES		BLACKCURRANT
	DUCK	GRAINS	BARLEY		SUNFLOWER		ONION		BLUEBERRY
	GOOSE		BUCKWHEAT		WALNUT		PARSNIP		ELDERBERRY
	LAMB		CORN	ALFALFA	PEAS		GOOSEBERRY		
	PORK		MILLET	AUBERGINE	POTATO		GRAPEFRUIT		
	TURKEY		OATS	BEANS	GREEN PEPPER		GREEN GRAPES		
	VENISON		RICE	BEETROOT	RED PEPPER		BLACK GRAPES		
FISH	COD		RYE	BROCCOLI	YELLOW PEPPER	PURPLE GRAPES			
	HERRING		SPELT	CABBAGE	ORANGE PEPPER	KIWI			
	PLAICE	WHEAT	CARROT	SPINACH	LEMON				
	PRAWN	NUTS & SEEDS	CAULIFLOWER	SPROUTS	LOGONBERRY				
	SALMON		BRAZIL NUTS	TOMATO	MANGO				
	SOLE		CASHEW	COURGETTE	APPLE	MULBERRY			
	TROUT		COCONUT	CUCUMBER	APRICOT	ORANGE			
	TUNA		HAZELNUT	GARLIC	AVOCADO	ORANGE MELON			
DAIRY	CHEESE		LENTILS	GLOBE ARTICHOKE	BANANA	PALE MELON			
	COW MILK		PEANUTS	KIDNEY BEANS	BILBERRY	WATERMELON			
	EGGS		PISTACHIOS	LEEK	BLACK CHERRY	PAW PAW			
	GOAT MILK	SAFFLOWER	LETTUCE	RED CHERRY	PEACH				

Box 2

FRUIT	PEAR	misc.	HOUSE DUST	Spices	MUSTARD POWDER			
	PINEAPPLE		MOSQUITO		MUSTARD TINCTURE			
	GREENGAGE		POLLEN		MYRRH			
	PURPLE PLUM	Spices	ACHIOTE		NUTMEG			
	YELLOW PLUM		ALLSPICE		PAPRIKA PEPPER			
	RASPBERRY		BLACK PEPPER		POMEGRANATE			
	REDCURRANT		WHITE PEPPER		SAFFRON			
	RHUBARB		CAPSICUM		STAR ANISE			
	STRAWBERRY		CARDAMOM SEED		TURMERIC POWDER			
DRINKS	CHOCOLATE		CAYENNE PEPPER		TURMERIC TINCTURE			
	COFFEE		CHILI					
	TEA		CINNAMON					
ANTHROCYANADINS	DELPHINIDIN	CLOVE						
	CYANIDIN	CORIANDER SEED						
	MALVIDIN	CUMIN						
	PETUNIDIN	FENUGREEK						
	PELARGONIDIN	GARAM MASALA						
	PEONIDIN	GINGER POWDER						
misc.	BEE & WASP	GINGER TINCTURE						
	FUR & FEATHERS	MACE						