



Ancient Fruitarian Herbalist

Sol Food List

Sea Vegetables

– (including all natural algae) Oxygen and Iodine rich Sea Food.

Arame
Bladderwrack
Blue-Green Algae - (AFA/Aphanizomonon flos-aquae)
Dulce/Dulse
Hijiki
Kelp
Nori
Seamoss/Irishmoss – (offers 92 of the 102 minerals of which the body is made)
Wakame

Vegetables and Non-sweet Fruits

Fresh is best. Avoid cooking or microwaving out essential enzymes.

Amaranth greens (Callaloo/Pigweed/Sanchoy)
Arugula
Bell Peppers – (ripe when red)
Chayote/Cho Cho (Mexican Squash)
Chipilín/Chepilín – (leguminous greens)
Cucumber
Dandelion greens
Diakon Radish
Garbanzos – (fresh green or sprouted)
Izote – (cactus flower/cactus leaf/yucca flower, grows naturally in California)
Jicama
Lamb's Quarters
Lettuce (excluding Iceberg)
Lotus root
Mung Beans – (sprout to consume raw)

Mushrooms (excluding Shitake)
Nopales (Nopal Cactus)
Olives – (Black/Kalamata)
Onions (green/red/white)/Scallions
Poke salad greens
Purslane/Verdolaga
Red rose potato – (from Lake Titicaca in Peru)
Squash
Teocintle – (original corn)
Tomato – (cherry and plum)
Tomatillo
Zucchini/Summer
Squash/Marrow/Courgette
Watercress

Fruits

Never canned fruits.

Always seeded fruits.

Ackee – (tree ripened and tree opened)
Amla/Indian Gooseberries
Apples – (Crab or Malay/Otaheite)
Avocado/Pear – (excluding hass avocado)
Bananas – (Apple, Baby, Burro, Gros Michel, Plantain, Thai)
Baobab
Berries – (including Blackberries, Gooseberries, Mulberries, Raspberries) – (excluding cranberries)
Cacao
Cantaloupe
Cherries
Cherimoya/Chirimoya
Currants
Custard Apple



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Dates
Durian
Figs
Grapes (seeded)
Key Limes/Limón Indio (seeded)
Mamoncillo/Spanish lime/Quenepa/Guinep
Mango – (natural, in season)
Mangosteen (purple garcinia mangostana)
Melons (seeded)
Muscadines – (Native American grapes)
Orange (Seeded/Seville/Sour/Bitter)
Papayas
Passion Fruit
Peaches
Pear
Pitaya/Dragon Fruit
Plums/June Plum
Prickly Pear (Cactus Fruit)
Prunes
Raisins (seeded)
Sapodilla/Naseberry/Chickoo
Sapote (Black/Mamey)
Soft Jelly Coconuts – (fresh, green, raw, young)
Soursop/Guanábana
Star Apple
Sugar Apple/Sweetsop
Tamarind

Herbs

– (teas and tonics)
– Dried or fresh herb may be sun-brewed by slow infusion.
– Seeds of herb may be sprouted for consumption.

Allspice/Pimienta Gorda/Jamaican pepper
– (leaf and dried fruit as tea and spice)
Anise
Ashwagandha
Bacopa Monnieri/Waterhyssop/Brahmi
Blackseed/Kalonji seed/Nigella seed
Black Walnut (leaf)
Blessed Thistle/Cardo Santo/Holy Thistle
Blue Vervain
Bhringraj – (for internal and external use)
Bugleweed
Burdock (root)/Bardana/Gobo – (iron fluoride)
Cablote/Caulote/Guazuma ulmifolia/West Indian Elm – (bark, fruit, leaf, seed)
Cancansa/Cansasa/Red Willow Bark
Cannabis/Ganja/Hemp/Marijuana – (flower, leaf, seed, stem)
Capadulla
Cascara Sagrada/Sacred Bark/Pushiana
Cerasee (leaf) – (including Bitter Melon)
Chaparral/Governadora
Ciprés/Cupressus
Cleavers
Cocolmeca
Condurango – (vine bark)
Contribo/Birthwort
Cordoncillo Negro/Matico
Dandelion – (leaf and root)
Drago/Dracaena Draco/Dragon Tree – (bark and leaf)
Elderberry – (berry and flower)
El Estafiate
Eyebright
Fennel



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Fenugreek
Feverfew/Santa Maria
Ginger
Gotu Kola/Centella Asiatica/Brahmi
Guaco (root)/Mikania
Hibiscus
Hoodia Gordonii/Kalahari Cactus
Hombre Grande/Quassia/Bitter Wood
Hortensia/Hydrangea
Iron root / Minnieroot / Feverroot
/Snapdragon
Jasmine
Kalawalla – (fern native to South America)
Kola Nut/Bissy – (African fruit)
La Prodigiosa/Prodijiosa
Lemongrass
Lily of the Valley (flower) – (gold fluorine)
Lirio (lily)/Lirio Del Valle
Llantén
Lupulo/Hops
Maca root
Marshmallow root
Marula – (bark, fruit, leaf, kernel, nut)
Milk Thistle
Muicle
Mulato/Turpentine
Mulberry Leaf
Mullein
Oak Bark
Ortiga/Stinging Nettle (leaf)
Pau D'Arco
Pavana/Croton (seed) – (East Indian shrub)
Pereira
Red Clover (flower or sprouts)

Red Raspberry (leaf)
Rhubarb (root)
Roobois – (Native to South Africa)
Roselle/Guinea Sorrel/Jamaican Hibiscus
San Pedro Cactus – (psychoactive mescaline)
Sarsaparilla
SarSil Berries
Sensitiva/Shameplant/Dead and Wake
Soursop (leaf)
Shepherds Needle
Strawberry Leaf
The Duck/Flying Duck Orchid/Caleana
Major – (iron rich purple orchid for powerful and immediate cleansing and removing inflammation)
Tila/Linden (leaves/flowers)
Turnera/Damiana
Valeriana/Valerian root
Verbena – (Lemon)
Yarrow/Queen Anne's Lace
Yellowdock (root)
Yerba Mate (root and stem, may be prepared raw by natural infusion)
Yohimbe
Zarzaparrilla

Flavors and Spices

-Spices are also powerful medicinal plants that may also be used as tea.

Achiote/Annatto (seed)
Basil – (Sweet, African Blue, Limon, Thai & Tulsí)
Bay leaf
Cardamom



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Cayenne/African Bird Pepper
Clove – (dried flower bud of *Syzygium aromaticum* tree)
Coriander (Cilantro)
Culantro/Spirit Weed
Dill
Habanero
Maple
Oregano
Rosemary
Sage
Savory
Stevia – (leaf)
Tarragon
Thyme

Grains/Seeds

~ **Always soak or sprout grains**

Amaranth/Kawicha – (seed of greens)
Fonio/Foneo – (including black variety)
Kamut (Egyptian/Khorasan Wheat)
Kañiwa
Quinoa – (including red and black varieties)
Rye
Tef/Teff
Wild Rice/Manomin

Nuts and Seeds

~ **Including Nut and Seed Butters**

Brazil Nuts
Hazelnuts
Hemp Seeds
Raw Sesame Seeds – (also Tahini Butter)
Walnuts – (includes black variety)

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Oils

Avocado Oil
Argan Oil
Castor Oil
Coconut Oil
Grapeseed Oil
Hempseed Oil
Macadamia Nut Oil
Olive Oil – (extra virgin cold-pressed)
Sesame Oil
Walnut Oil

Medicinal Mushrooms

Chaga
Cordyceps
Lion's Mane
Maitake (Hen of the woods)
Reishi/Ganoderma
Turkey Tail

Adaptogens/Nootropics

~ **Psychoactive Plants**

Ashwaganadha
Astragalus
Brahmi
Cacao
Eleuthero root
Guarana
Kola Nut/Bissy
Maca root
Matcha
Rhodiola Rosea
Schisandra Berry
Tulsi/Holy Basil