



Previously, various fruits and their temperaments were discussed. Below, a list of various vegetables and herbs and their temperaments will be presented. The list will commence with vegetables and herbs available in winter, then summer, and then those found in most of the year or throughout the year.

Artichoke (globe variety): Hot and moist (third quarter of the year)

Broad beans: Dryness with some heat (second and third quarter of the year)

Brussels sprout: Cold and moist to cold and dry (second and third quarter of the year)

Asparagus: Hot and moist (last half of the year)

Olive: Hot and moist (first quarter of the year)

Red onion: Hot and dry (first quarter and last quarter)

Green peas: Cold and dry (last half of the year)

Sweet corn: Cold and dry (first half and last quarter of the year)

Mint (fresh): Hot and moist (first half and last quarter)

Carrot (baby variety): Hot and moist (throughout the year)

Patty pan: Moist and hot (throughout the year)

Spinach (baby variety): Hot and moist (throughout the year)

Turnip: Hot and moist (throughout the year)

Fennel: Hot and moist (throughout the year)

Sage: Hot and moist (throughout the year)

Thyme (fresh): Hot and moist (throughout the year)

Celery: Hot and dry (throughout the year)

Chillies (red and green): Hot and dry (throughout the year)

Garlic: Hot and dry (throughout the year)

Ginger: Hot and dry (throughout the year)

White onion: Hot and dry (throughout the year)

Peppers (all colours): Hot and dry (throughout the year)

Spring onions: Hot and dry (throughout the year)

Mint (dried): Hot and dry (throughout the year)

Parsley: Hot and dry (throughout the year)

Rocket: Hot and dry (throughout the year)

Rosemary: Hot and dry (throughout the year)

Thyme (dried): Hot and dry (throughout the year)

Marrow (baby): Cold and moist (throughout the year)

Beetroot (baby): Cold and moist (throughout the year)

Broccoli: Cold and moist (throughout the year)

Cucumber: Cold and moist (throughout the year)

Lettuce: Cold and moist (throughout the year)

Pumpkin: Cold and moist (throughout the year)

Radish: Cold and moist (throughout the year)

Butternut (baby): Cold and moist (throughout the year)

Squash (gem): Cold and moist (throughout the year)

Coriander: Cold and moist (first half and last quarter of the year)

Bean (baby): Cold and dry (throughout the year)

Brinjal (egg plant): Cold and dry (throughout the year)

Cabbage (some varieties): Cold and dry (throughout the year)

Cauliflower: Cold and dry (last three quarters)

Potato: Cold and dry (throughout the year)

Sweet potato: Cold and dry (last three quarters)

Tomato: Cold and dry (throughout the year)