

Chart 1. Properties of Foodstuffs (Prepared by Ryan P. Kelly)

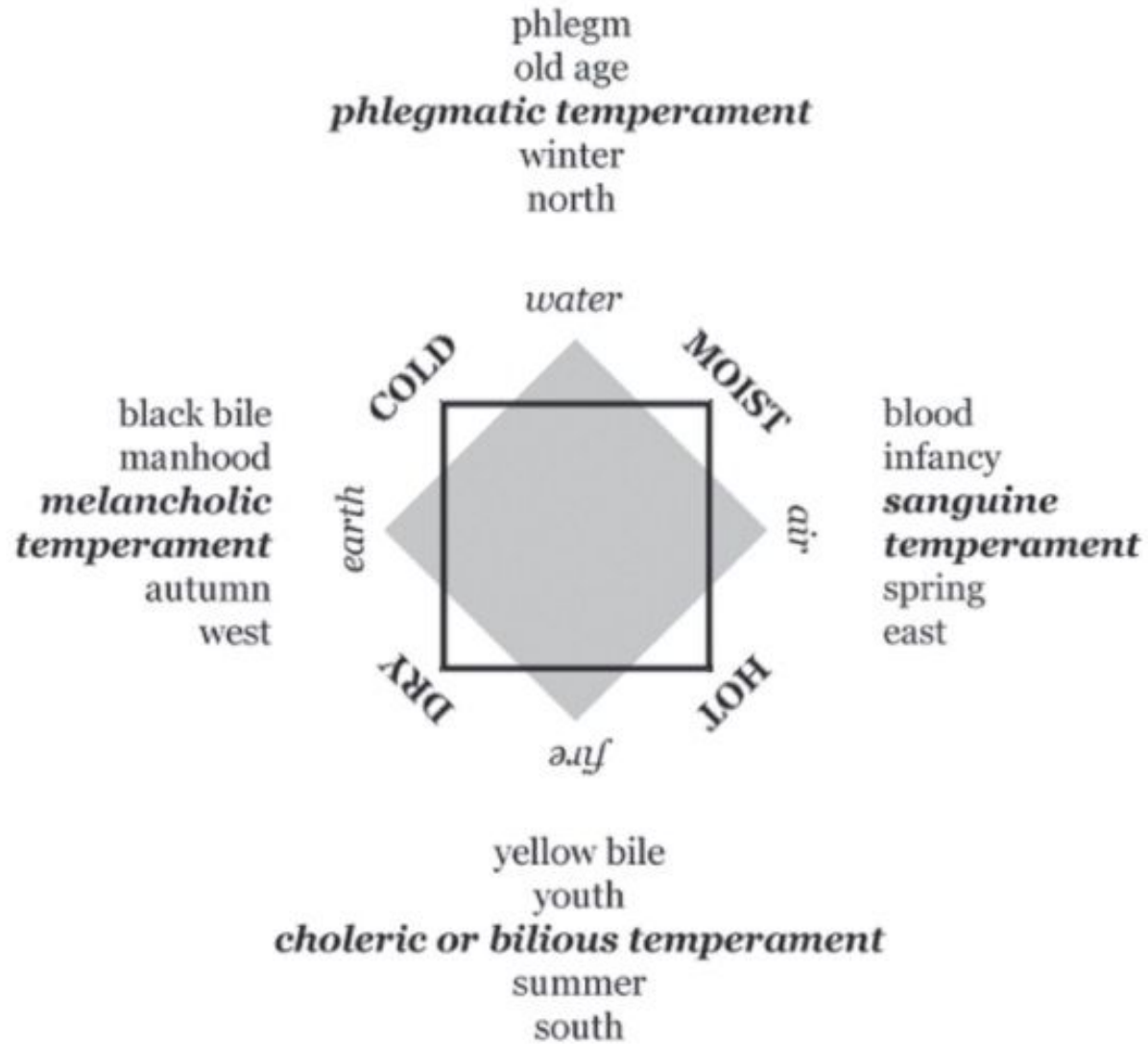


Chart 2. Temperament of Foodstuffs (Prepared by Ryan P. Kelly)

				WARM					
	4	3	2	1	1	2	3	4	
4	celandine, garlic linseed oil, mustardseed, pepper (black), walnut oil							onion	4
3		aniseed, bayleaf, cheese (old), cinnamon, cloves, garden cress, dill, dittany, galingale, hyssop, parsley, rocket (dry), sage			rocket (fresh), ginger	olive oil, pepper (long)			3
2	hare		marjoram, rue, fennel	almonds (bitter), caraway, cardamom, coriander, crane, cress (water), squab (old), enula campana, goat kid, honey, horseradish, mace, mastic, mint, mulberry (from bush), nutmeg, peacock, radish, rosemary, thyme (wild), wine (white)	duck, elderflower, walnuts (fresh), veal	parsnip, turnip root	almond oil, chickpeas, broth, squab (young), grapes (sweet), grease, lamb, liver, mulberry (from tree), must, mutton, pine nuts, quail (in summer), raisin, thrush, tripe (lower), turnip greens		2
1	pepper (white)		salt	cabbage (wild), chamomile, clary, hazelnut, saffron, cubeb	borage, chicken, starch (of wheat flour)	chick, egg yolk, olives (ripe), pheasant, sweet pomegranate, partridge, wheat			1
DRY			millet, quince, pear (bitter), vinegar	cabbage (domestic), barley, beans (dried), gosling, medlar, oats, olives (green), pears (sweet), sorghum, peas	apple, beans (fresh), cheese (new), chickpeas, endive, spinach, cherry, peach	mallow			MOIST
1									1
2		lentil	beef, goat, goose, heron, lemon, pomegranate (sour), quail (in winter), rabbit, sorrel, stag, swan, tripe (upper), celery (wild)	orange	milk (coagulated), pork	bonemarrow, chard, egg white, lettuce, melon, piglet, pumpkin, vegetable marrow	plums		2
3		laurel leaf	grapes (unripe), verjuice						3
4	mushroom								4
	4	3	2	1	1	2	3	4	
				COOL					

From Scully's. "A Cook's Therapeutic Use of Garden Herbs ." in *Health and Healing from the Medieval Garden*