

Day 4

Category	Family / Food
Vegetable	Lily family: shallot Goosefoot family: spinach, Swiss chard Mallow family: okra Parsley family: celery Potato family: green pepper, pimento, potato, tomato No close relation: yam
Fruit	Banana family: plantain Rose family (berries): blackberry, strawberry, loganberry, raspberry, apple, (stone fruit) peach No close relationship: pineapple
Cereal/flour	Buckwheat family: buckwheat, quinoa
Nuts/Seeds	Walnut family: walnuts No close relations: chestnuts, pinenuts, sesame seeds, tahini(sesame butter)
Sweeteners	Maple family: Pure maple syrup
Seasonings	Ginger family: ginger Laurel family: bay leaf, cinnamon Mint family: basil, marjoram, thyme Nutmeg family: nutmeg Parsley family: celeriac, parsley Potato family: cayenne, chili Rose family: rosehips No close relations: black pepper, vanilla bean
Fats / Oils	Walnut family: walnut No close relation: sesame
Poultry	Bird family: grouse, Guinea hen, turkey, eggs of these birds
Fish	Croaker family (saltwater): croaker, sea trout, silver perch Red Snapper family (saltwater): red snapper Swordfish family (saltwater): swordfish Perch family (freshwater): Sauger, walleye, yellow perch Pike family (freshwater): Northern pike, muskellunge Sunfish family (freshwater): black bass species, bluegill, crappie, sunfish