

THE HALIGRIC YEARLY MEAL GUIDE

Volume III: Temperate South Australia

Melbourne · Adelaide · Perth · Tasmania · Nourishing Through Four True Seasons

The Temperate South Philosophy

The Temperate South Haligric Guide is designed for the four distinct seasons of Australia's southern states — where Melbourne is famous for having four seasons in one day, Adelaide offers a Mediterranean climate of dry summers and wet winters, Perth combines Mediterranean warmth with Indian Ocean influence, and Tasmania experiences the coldest and wettest conditions in Australia. Despite this diversity, all four share the fundamental four-season structure that the Haligric Trinity system is built around: the Wood energy of spring, the Fire of summer, the Metal of autumn, and the Water depth of winter.

The Calendar Decoder

Schedules are organized by date groups (e.g., **1/8/15/22**). These represent the **Day of the Week** (e.g., every Monday). **Logic:** By repeating the same Trinity each Monday for a month, you establish a consistent rhythm that allows your body to align with the Temperate South's clear seasonal shifts at a cellular level.

The Trinity Formula

Every day is a Trinity: **One Grain + One Green + One Protein**. In the Temperate South, we emphasize the full range of four-season grains — light and sprouted in spring, cooling in summer, hearty in autumn, and warming in winter — alongside the extraordinary seasonal variety of temperate vegetables and the clean proteins that support each season's specific metabolic demands.

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Volume 3: Spring Quarter · Month 1: Temperate South Edition

*Temperate South Spring arrives dramatically after a true winter — longer days, warming soil, and the first flush of spring vegetables from the market gardens of the Yarra Valley, the Adelaide Hills, and the Swan Valley. To anchor your **Haligrity** here, we focus on the Liver's spring upwelling using local asparagus, baby spinach, peas, and spring herbs. Light, upward-moving foods that reflect the season's Yang expansion.*

The 28-Day Trinity Schedule (Temperate Weeks 1–4)

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
1/8/15/22	Warm Quinoa w/ Lemon Zest & Pumpkin Seeds	Brown Rice, Asparagus, Chickpeas	Millet, Wilted Baby Spinach, Red Lentils
2/9/16/23	Steel-Cut Oats w/ Sliced Pear & Almonds	Wild Rice, Snap Peas, Tempeh	Farro, Arugula (Wilted), Savory White Beans
3/10/17/24	Warm Millet w/ Spring Herbs & Hemp	Quinoa, Steamed Broccolini, White Beans	Buckwheat, Snap Peas, Red Lentils
4/11/18/25	Savory Spelt Porridge w/ Fennel Seeds	Brown Rice, Kale, Kidney Beans	Wild Rice, Roasted Cauliflower, Chickpeas
5/12/19/26	Warm Buckwheat w/ Flax & Stewed Apple	Millet, Silverbeet, Adzuki Beans	Farro, Bok Choy, White Beans
6/13/20/27	Warm Spelt Porridge w/ Pumpkin Seeds	Quinoa, Asparagus, Red Lentils	Brown Rice, Fennel & Celery, Tempeh
7/14/21/28	Warm Teff w/ Walnuts & Poached Pear	Wild Rice, Baby Spinach, White Beans	Lentil & Vegetable Stew over Quinoa

Regional Trinity Recipes (Temperate South Month 1)

1. Asparagus & Chickpea Spring Stir

The Trinity: Brown Rice (Grain) + Asparagus (Green) + Chickpeas (Protein)

1. Cook Brown Rice. 2. Snap the woody ends from a bunch of local asparagus; cut into 3cm pieces. 3. In a pan, warm chickpeas with two cloves of garlic and a pinch of cumin. 4. Add asparagus to the pan; toss on high heat for 2-3 minutes until bright green and just tender. 5. Serve over brown rice; finish with lemon juice and a sprinkle of nutritional yeast. Asparagus is one of the first local vegetables to appear in the temperate south spring and its upward-moving energy matches the season perfectly.

2. Broccolini & White Bean Quinoa Bowl

The Trinity: Quinoa (Grain) + Steamed Broccolini (Green) + White Beans (Protein)

1. Cook Quinoa. 2. Steam broccolini for 3-4 minutes until bright and just tender. 3. Warm white beans in a pan with garlic, fresh thyme, and a squeeze of lemon. 4. Assemble: quinoa base, white beans, broccolini arranged on top. 5. Drizzle with tahini-lemon sauce and fresh herbs. Broccolini from the Adelaide Hills or Yarra Valley is outstanding in spring — its slight bitterness moves the Liver gently.

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Volume 3: Summer Quarter · Month 4: The Dry Heat

Temperate South summer brings the driest and hottest period of the year — Mediterranean-style heat in Adelaide and Perth, warm but variable heat in Melbourne, and Tasmania's most pleasant season. We shift to cooling, hydrating foods that protect the Heart from excess fire while celebrating the extraordinary summer stone fruits, tomatoes, zucchini, and leafy greens that the temperate summer produces in abundance.

The 28-Day Trinity Schedule (Summer Weeks 13–16)

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
1/8/15/22	Cooling Oat Bowl w/ Peach & Mint	Jasmine Rice, Zucchini, White Beans	Quinoa, Watercress, Chickpeas
2/9/16/23	Millet Porridge w/ Nectarine & Coconut	Brown Rice, Tomato & Basil, Tempeh	Wild Rice, Baby Spinach, Lentil Salad
3/10/17/24	Chilled Quinoa w/ Berries & Pepitas	Millet, Zucchini & Mint, Adzuki Beans	Buckwheat, Cucumber Salad, Red Lentils
4/11/18/25	Warm Amaranth w/ Plum & Hemp	Jasmine Rice, Green Beans, Mung Beans	Brown Rice, Roasted Capsicum, White Beans
5/12/19/26	Steel-Cut Oats w/ Mango & Chia	Brown Rice, Silverbeet, Chickpeas	Millet, Zucchini & Basil, Adzuki Beans
6/13/20/27	Brown Rice w/ Lemon & Avocado	Wild Rice, Green Beans, Tempeh	Quinoa, Baby Spinach, Kidney Beans
7/14/21/28	Teff Porridge w/ Fresh Fig & Walnuts	Jasmine Rice, Watercress, Mung Beans	Millet, Roasted Eggplant, White Beans

Regional Trinity Recipes (Temperate South Month 4)

1. Zucchini & White Bean Summer Bowl

The Trinity: Jasmine Rice (Grain) + Zucchini (Green) + White Beans (Protein)

1. Cook Jasmine Rice. 2. Slice zucchini into rounds; grill or char on a hot pan until marked and just tender. 3. Warm white beans with fresh basil and garlic. 4. Assemble with rice; add grilled zucchini, white beans, and fresh tomato slices. 5. Finish with extra virgin olive oil and torn basil. Zucchini from the temperate market gardens peaks in January-February and is one of the most cooling summer vegetables.

2. Peach & Oat Summer Sunrise

The Trinity: Rolled Oats (Grain) + Fresh Peach (Green/Fruit) + Pepitas (Protein supplement)

1. Cook rolled oats with water and a pinch of cinnamon. 2. Slice a ripe summer peach; lay over the warm oats. 3. Top with a tablespoon of pepitas and a drizzle of honey (optional). 4. Add a few fresh mint leaves. White nectarines and peaches from the Adelaide Hills and Mornington Peninsula are among the finest stone fruits in the world — peak season December through February.

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Volume 4: Winter Quarter · Month 10: The Winter Depth

The Temperate South winter is a genuine winter — Melbourne's windswept cold, Adelaide's wet season, Perth's grey skies, and Tasmania's proper cold with snow on the peaks. This is Water Phase: the body draws inward, conserves energy, and benefits most from deeply nourishing, warming foods. Root vegetables, hearty brassicas, dark leafy greens, and warming grains like oats, spelt, and black rice are the season's gifts.

The 28-Day Trinity Schedule (Winter Weeks 37–40)

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
1/8/15/22	Warm Oat Porridge w/ Cinnamon & Walnut	Brown Rice, Cavolo Nero, Chickpeas	Millet, Roasted Parsnip, Red Lentil Dahl
2/9/16/23	Buckwheat Congee w/ Ginger & Miso	Wild Rice, Kale & Leek, Kidney Beans	Farro, Brussels Sprouts, Tempeh
3/10/17/24	Savory Spelt Porridge w/ Turmeric	Quinoa, Roasted Beetroot, White Beans	Buckwheat, Silverbeet, Adzuki Beans
4/11/18/25	Warm Teff w/ Stewed Pear & Cardamom	Brown Rice, Cavolo Nero, Black Beans	Wild Rice, Roasted Swede, Lentil Stew
5/12/19/26	Steel-Cut Oats w/ Prune & Clove	Millet, Roasted Celeriac, Chickpeas	Quinoa, Kale, Red Lentils
6/13/20/27	Warm Black Rice w/ Coconut & Cinnamon	Brown Rice, Roasted Cauliflower, Kidney Beans	Amaranth, Silverbeet, White Beans
7/14/21/28	Warm Amaranth w/ Stewed Apple & Ginger	Wild Rice, Brussels Sprouts, Tempeh	Millet, Roasted Parsnip & Carrot, Adzuki

Regional Trinity Recipes (Temperate South Month 10)

1. Cavolo Nero & Chickpea Winter Bowl

The Trinity: Brown Rice (Grain) + Cavolo Nero (Green) + Chickpeas (Protein)

1. Cook Brown Rice. 2. Strip cavolo nero leaves from their stems; tear into pieces. 3. Blanch in boiling salted water for 3 minutes until tender. 4. Warm chickpeas with garlic, smoked paprika, and a splash of vegetable stock. 5. Assemble over brown rice; drizzle with olive oil and a squeeze of lemon. Cavolo nero from the temperate south's winter gardens is exceptional — deeply nourishing, rich in iron, and one of the finest cold-weather greens.

2. Roasted Root & Lentil Winter Stew over Millet

The Trinity: Millet (Grain) + Roasted Parsnip and Carrot (Green/Vegetable) + Red Lentils (Protein)

1. Cook Millet. 2. Cube parsnip and carrot; toss with olive oil, thyme, and rosemary. Roast at 190C for 25 minutes until golden. 3. Simmer red lentils with onion, garlic, cumin, turmeric, and bay leaf until soft. 4. Serve lentil stew over millet with roasted root vegetables piled on top. 5. Finish with fresh parsley. Parsnip and carrot are the great temperate winter root vegetables — their sweetness intensifies with cold and their warmth supports Kidney energy through winter.