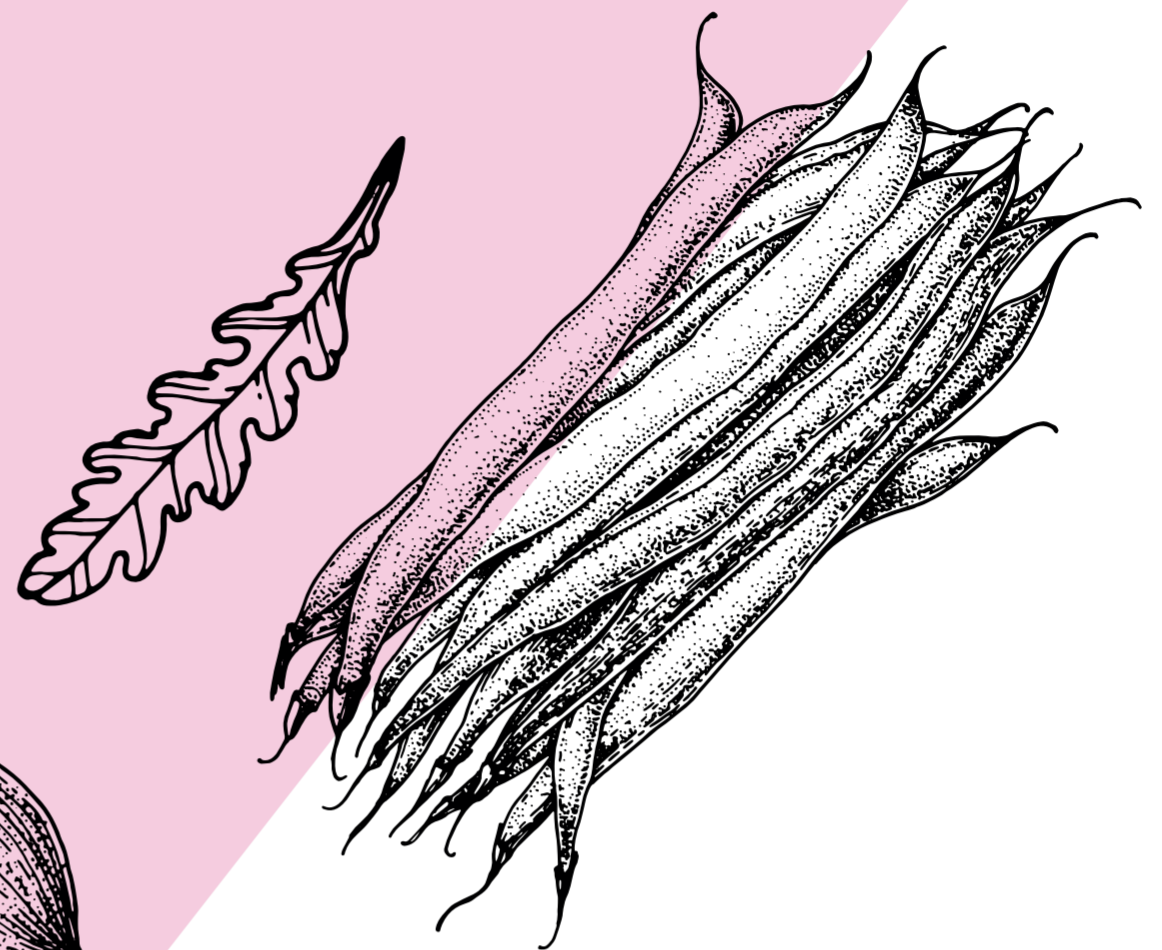


All year round

BY CHOOSING LOCALLY PRODUCED FOOD, YOU SUPPORT NOT ONLY YOUR OWN HEALTH, BUT ALSO THE FARMERS AND TRADITIONS OF YOUR COMMUNITY.

IN ADDITION, YOU CAN BE PROUD OF YOUR CONTRIBUTION TO CREATING A MORE SUSTAINABLE FUTURE FOR FUTURE GENERATIONS.



Rarely

Food imported from outside Europe



Sometimes

European fruits, Leaf vegetables, Root vegetables: fruits, asparagus, sweet potato

Meat: game

Canned / Dry food

Often

Root vegetables: potato, carrot, swede, beetroot, parsnip, celery, turnip, radish, beets

Green plants: cabbages, salads, rucola, spinach, Chinese cabbage

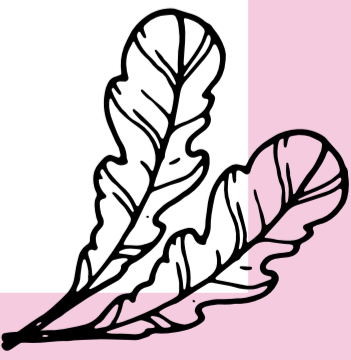
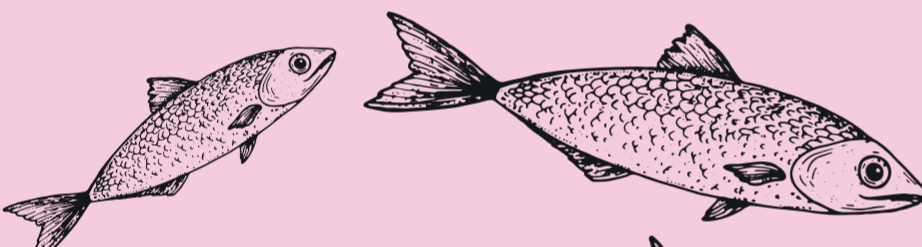
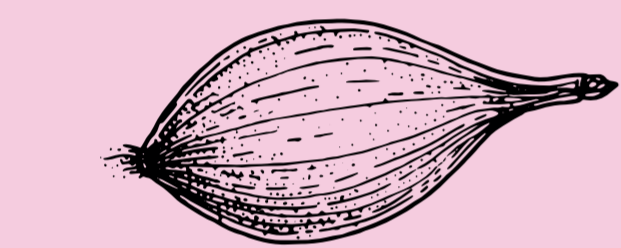
Berries: strawberry, blueberry, raspberry, lingonberry, currants, cranberry

Dairy products: yogurt, curd, cheese

Cereals: barley, oats, rye, wheat

Fish: vendace, pike, pike-perch, bream

Others: broad bean, egg, rhubarb, onions



Spring - Time for Early Vegetables

TASTE MEMORIES ARE NOT THINGS OF THE PAST — THEY CAN CONTINUE EVERY DAY AS WE CHOOSE LOCALLY PRODUCED FOOD. THIS FOOD IS NOT ONLY FOOD, IT IS ALSO A CONNECTION TO OUR ROOTS, OUR COMMUNITY AND OUR NATURE.



Rarely

Sap
Food imported from outside Europe

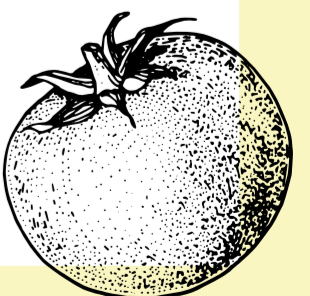
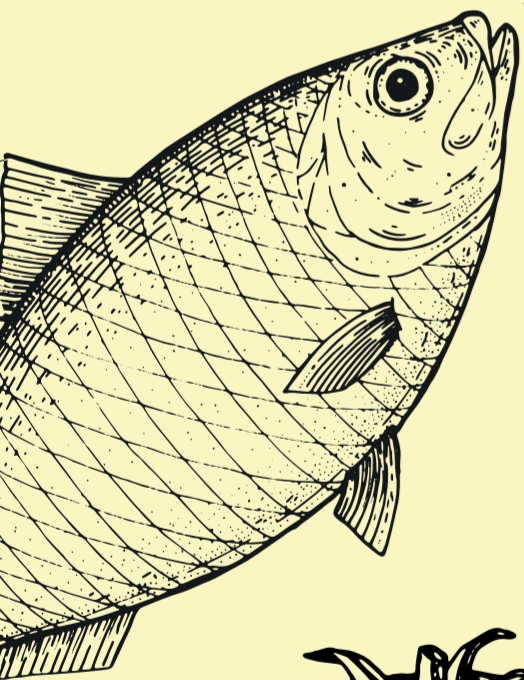
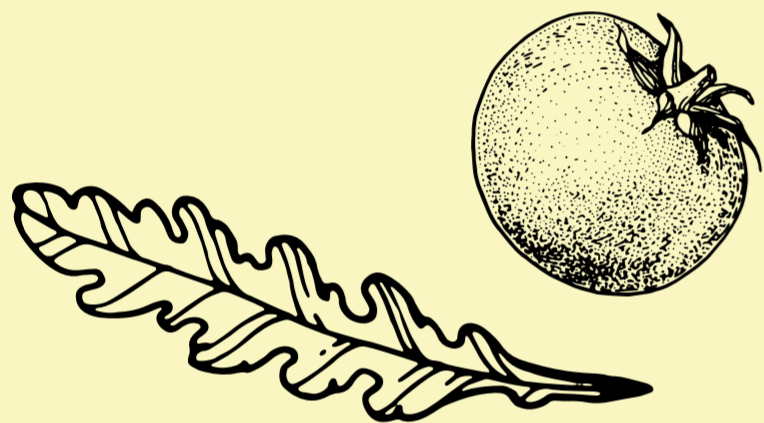
Sometimes

European fruits: citrus, kiwifruit, melon
Meat: mutton, game
Imported vegetables: asparagus

Often

Roots: radish, turnip, carrot, swede, beetroot, parsnip, celery, early potatoes
Leaf vegetables: salads, cabbages, rucola, Chinese cabbage
Herbs: nettle, dandelion
Berries: strawberry

Dairy products: yogurt, curd, cheese
Cereals: barley, oats, rye, wheat
Others: rhubarb, tomatoes, onions, egg, false morel
Fish: pike, vendace, bream, pike-perch, whitefish



Summer

- The Season of Wealth

NOW IS THE TIME TO OPEN OUR HEARTS TO LOCALLY PRODUCED FOOD AND FEAST ON THE BEST OF THE SEASON!

REMEMBER THE DAYS WHEN WALKING IN THE WOODS WAS REWARDED WITH FRESH BERRIES STRAIGHT FROM THE BUSH? OR THE MOMENTS WHEN THE VEGETABLES IN THE YARD RIPENED IN THE HEAT OF THE SUN AND MADE THE CORNERS OF THE MOUTH SMILE?



Rarely

Canned and frozen food
Imported fruits and vegetables



Sometimes

European fruits: citrus, kiwifruits, melon
Others: crayfish, honey

Often

Roots: potato, radish, carrot, swede, beetroot, parsnip, turnip, beets

Leaf vegetables: salads, rucola, spinach, Chinese cabbage

Mushrooms: chanterelle, russulas, bolete

Herbs: nettle

Berries: strawberry, blueberry, cloudberry, raspberry, honeyberry, currants, gooseberry

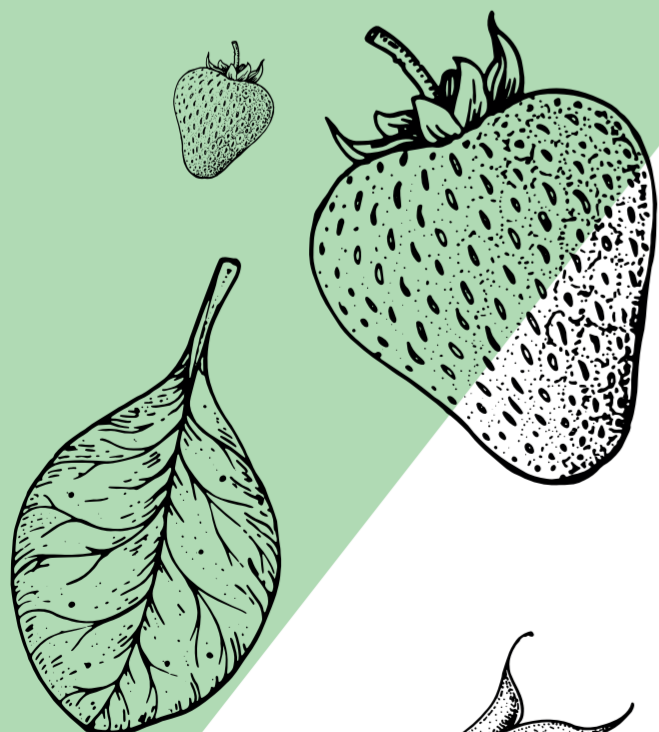
Dairy products: yogurt, curd, cheese

Cereals: barley, oats, rye, wheat

Vegetables: cucumber, open field cucumber, tomato, zucchini

Fish: vendace, pike-perch, whitefish

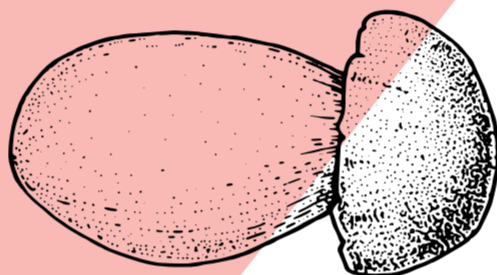
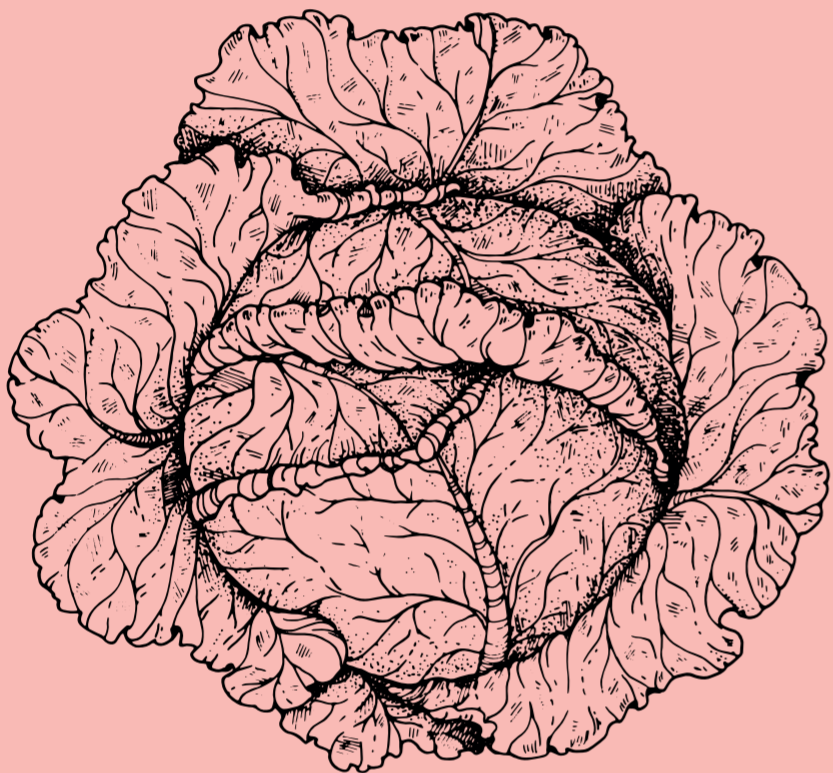
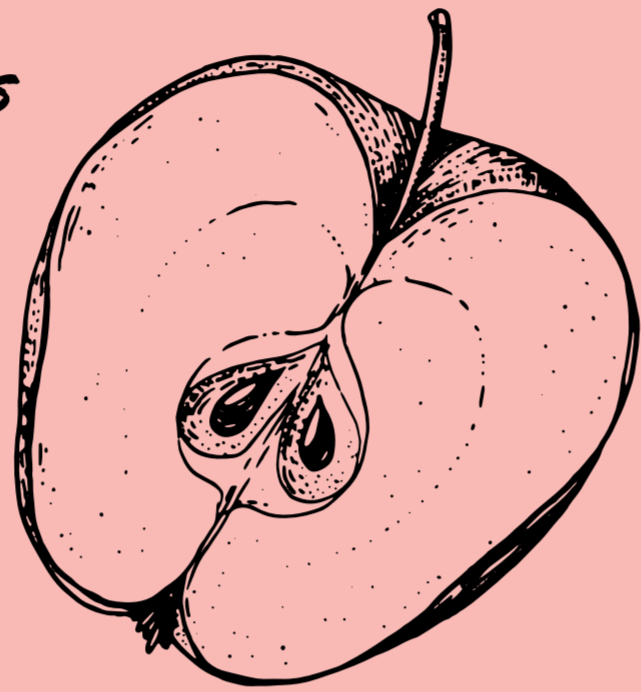
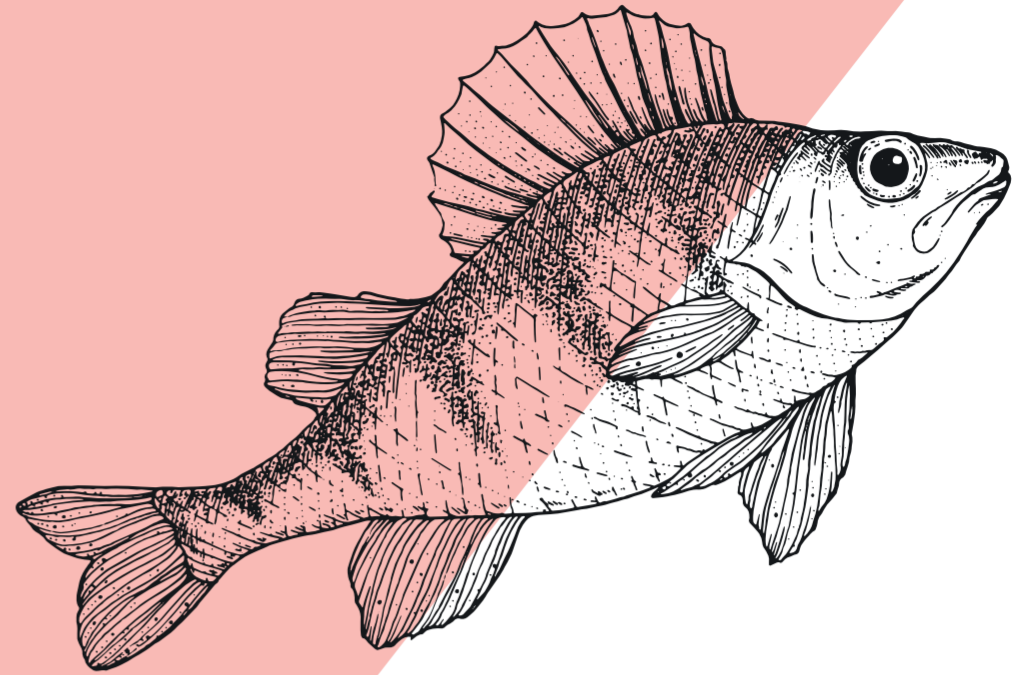
Others: rhubarb, broad bean, pea, beans, onions, plums, egg



Autumn

- Time to Harvest

ENJOY THE SWEETNESS OF BERRIES, THE CRISP FRESHNESS OF VEGETABLES AND THE EARTHY FLAVOUR OF ROOTS.



Rarely

Fruits imported from outside Europe

Sometimes

From Europe: citrus, kiwifruit

Meat: game

Imported vegetables: asparagus

Often

Roots: potato, carrot, swede, beets, parsnip, celery, turnip, winter radish, beets

Leaf vegetables: cabbages, spinach, Chinese cabbage

Mushrooms: chanterelle, milk-cap, bolete, funnel chanterelle, black chanterelle

Fruits: apples, pears

Fish: perch, pike, pike-perch, vendace, roe

Berries: cranberry, lingonberry, juniper berry, rowan berry, sea buckthorn berry

Dairy products: yogurt, curd, cheese

Cereals: barley, oats, rye, wheat

Others: tomato, cucumber, zucchini, pumpkins, onions, leek, rhubarb, egg



Winter - The Time for Root Vegetables

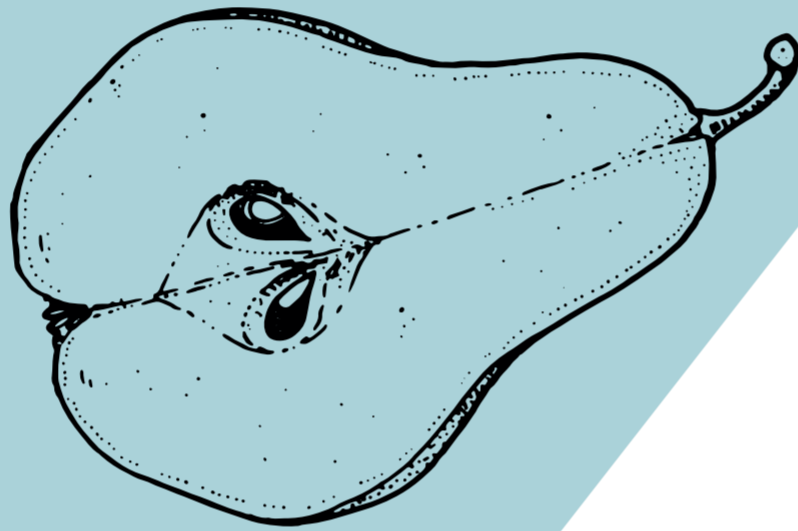
VEGETABLES AND FRUITS CONSUMED DURING THE SEASON OFTEN CONTAIN MORE NUTRIENTS AND HAVE A FULLER TASTE.

HARVEST SEASON PRODUCTS ARE DELIVERED FROM SHORT DISTANCES.



Rarely

Fruits imported from outside Europe



Sometimes

From Europe: citrus, Chinese cabbage

Meat: game

Often

Roots: potato, carrot, swede, beetroot, parsnip, celery, turnip, artichoke, root parsley, beets

Domestic canned food: peas, onions, jams, pickled mushrooms

Freezers: blueberries, currants, strawberries, rhubarb

Dairy products: yogurt, curd, cheese

Cereals: barley, oats, rye, wheat

Fish: vendace, pike, pike-perch, bream, burbot

Others: winter apple, winter pear, butternut squash, potted vegetables, herbs, cabbages

