ALLYEAR ROUND

According to harvest season, locally produced food means food that has been cultivated or produced close to the consumer and collected during the harvest season. The harvest season refers to a time when certain vegetables, fruits or other products are available naturally in local farming areas.

RARELY

Food imported from outside Europe

SOMETIMES

European fruits

Leaf vegetables: asparagus

Root vegetables: sweet potato

Meat: game

Canned / Dry food

OFTEN

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

Cereals: barley, oats, rye, wheat

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

radish, beets

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

spinach, Chinese cabbage

Dairy products: yogurt, curd, cheese

Fish: vendace, bream, pike-perch, pike

Others: onions, rhubarb,

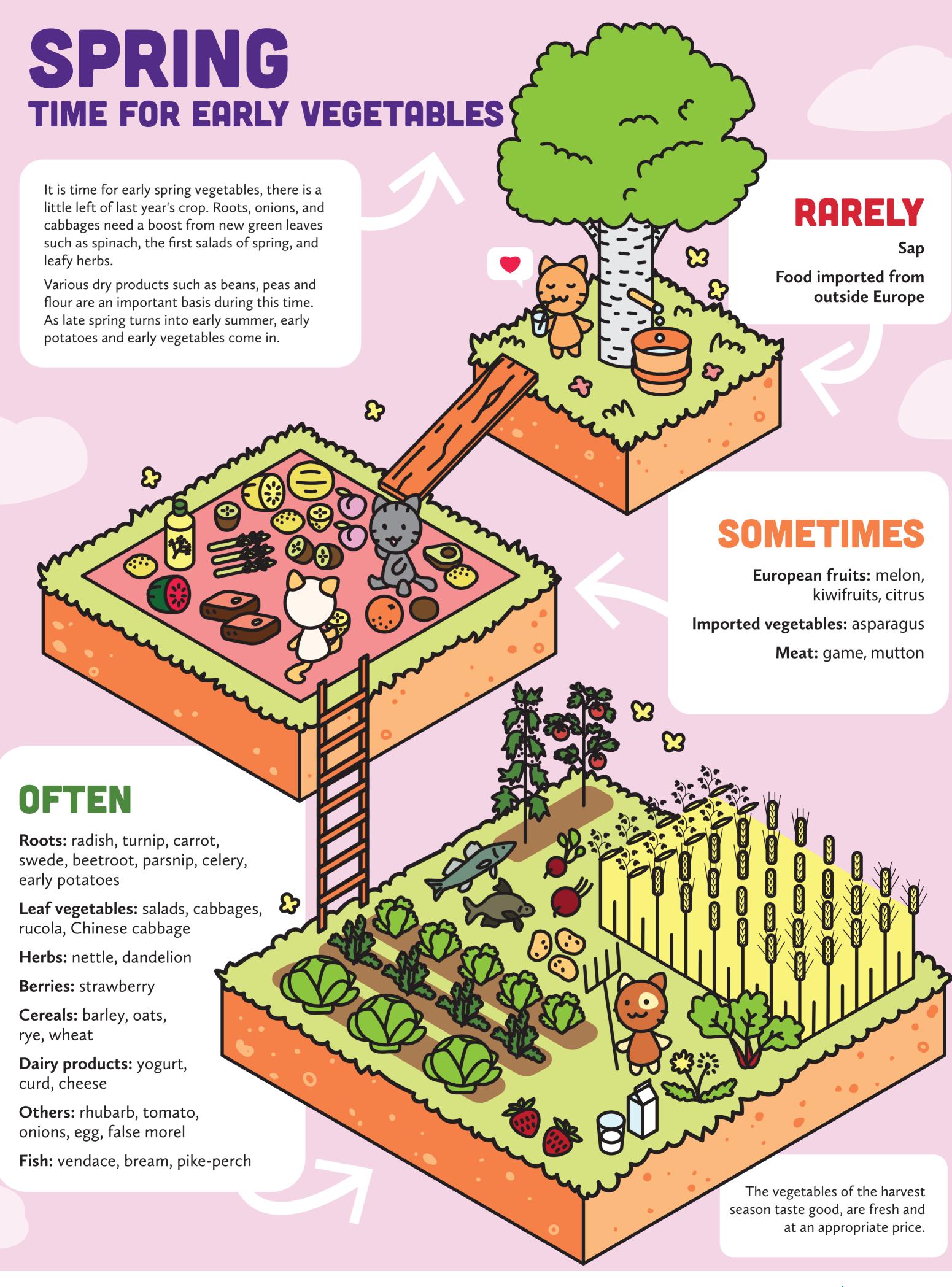
broad bean, egg









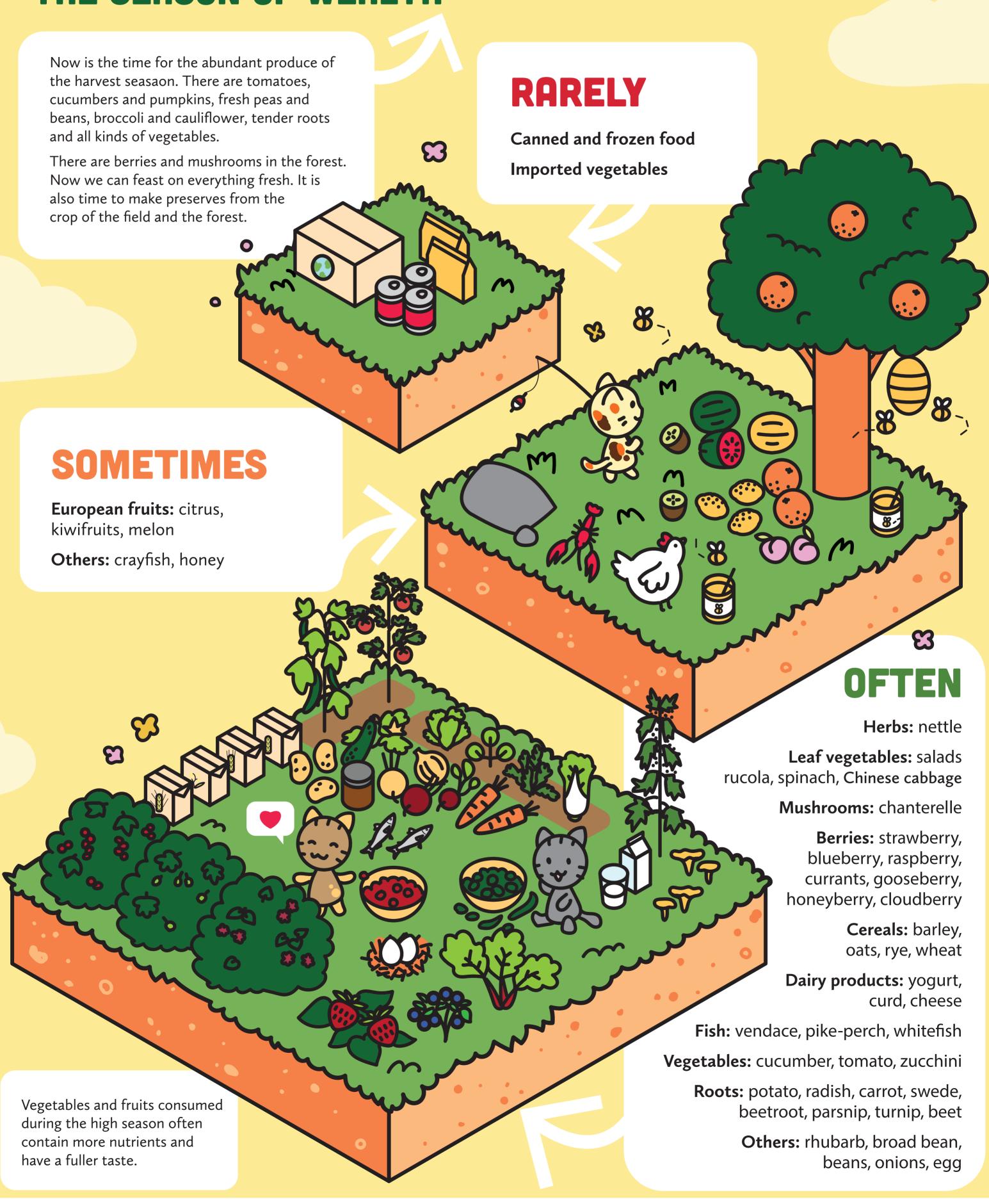








SUMMER THE SEASON OF WEALTH









AUTUMN TIME TO HARVEST

In the autumn, we gradually move on to using root vegetables, cabbages, leeks and pumpkins instead of salad vegetables. It is possible to have local fruits during late autumn and early winter.

Autumn is also a time for hunting. The casseroles made from game and vegetables are seasonal. Fish is also a seasonal product of autumn.

RARELY

Fruits imported from outside Europe

SOMETIMES

European fruits: citrus, kiwifruit

Meat: game

Other: asparagus

OFTEN

Leaf vegetables: spinach, Chinese cabbage, cabbage

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

Cereals: barley, oats, rye, wheat

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

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

Fruits: apples, pears

Dairy products: yogurt, curd, cheese

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

Others: onions, shallots, rhubarb, leek, tomato, cucumber, pumpkin, zucchini, egg

The harvest season products are delivered from short distances.









WINTER

THE TIME FOR ROOT VEGETABLES

The time for root vegetables. Cabbage, onions, root vegetables, as well as flour and legumes form the basis of nutrition. Canned foods complement the range. Frozen vegetables are also used during winter.

If you want something fresh, legume and sunflower shoots are a good option.

RARELY

Fruits imported from outside Europe

SOMETIMES

From Europe: citrus, avocado,

Chinese cabbage

Meat: game

OFTEN

Freezers: blueberries, currants, strawberries, rhubarb

Dry food: jams, salt mushrooms

Canned foods: peas, onions

Dairy products: yogurt, curd, cheese

Cereals: barley, oats, rye, wheat

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

Leaf vegetables: cabbages

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

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

Local food is a great way to get to know the surrounding nature, learn new tastes and support farmers in your area.







