

According to the harvest season, locally produced food is part of promoting sustainable development and a more environmentally friendly food system.

A local product can be defined as products produced or manufactured about 50 to 250 km from the consumer.



All year round

Rarely

Food imported from outside Europe

Sometimes

European fruits, leaf vegetables and root vegetables: fruits, leaf vegetables, 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



≈10 000 km

Food imported from outside Europe



≈300 km

European Foods



≈400 km Domestic Foods

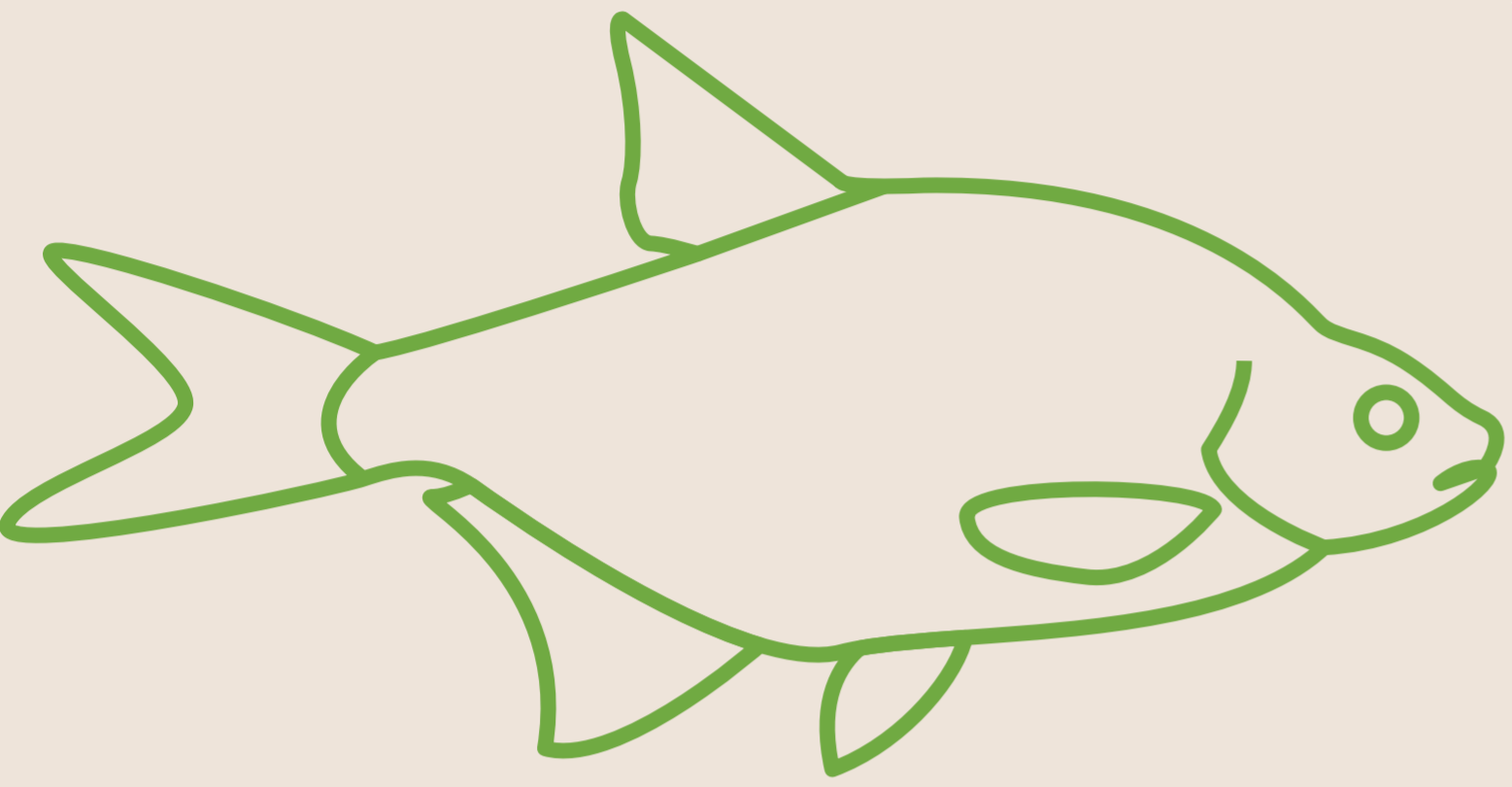


≈100 km Local production

It is time for early spring vegetables, there is a little left of last year's crop. Roots, onions, and cabbages need a boost from new green leaves such as spinach, the first salads of spring, and leafy herbs.

Various dry products such as beans, peas and flour are an important basis during this time. As late spring turns into early summer, early potatoes and early vegetables come in.

By choosing locally produced food, you are part of a larger change towards a more sustainable and environmentally friendly food system. At the same time, you can learn a lot about the origins of food and farming practices, which can open your eyes to new food experiences and future opportunities.



Spring

– Time for Early Vegetables

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



≈10 000 km

Food imported from outside Europe



≈300 km

European Foods



≈400 km Domestic Foods

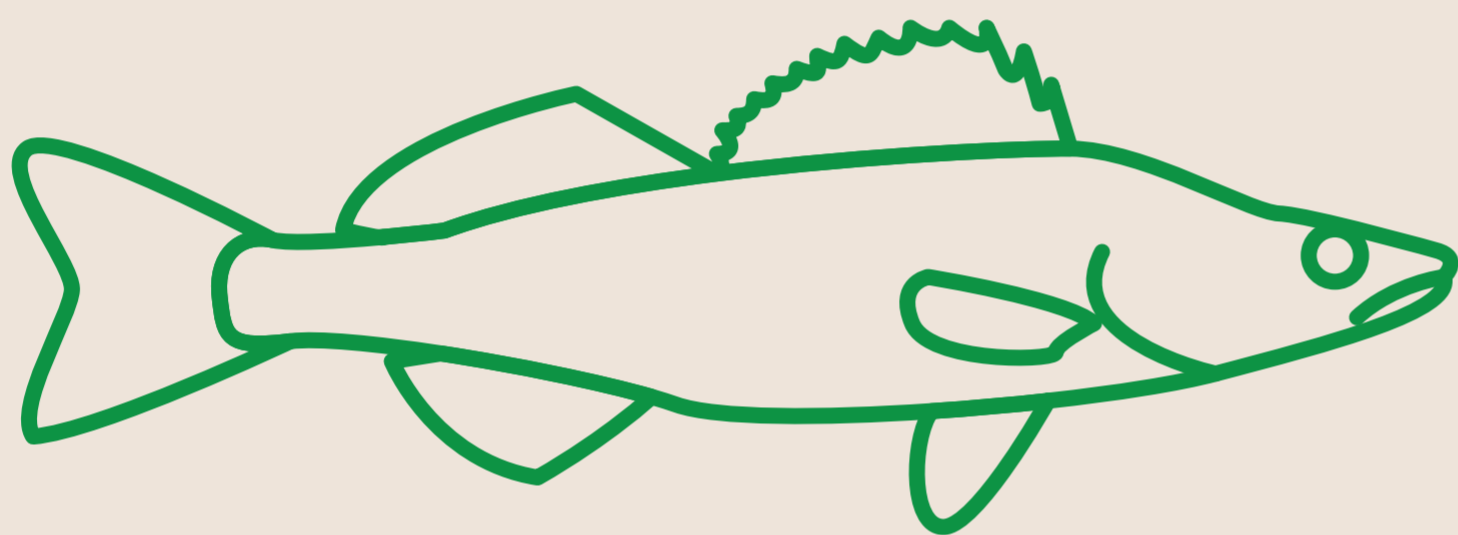


≈100 km Local production

Now is the time for the abundant produce of the harvest season. There are tomatoes, cucumbers and pumpkins, fresh peas and beans, broccoli and cauliflower, tender roots and all kinds of vegetables. There are berries and mushrooms in the forest. Now we can feast on everything fresh. It is also time to make preserves from the crop of the field and the forest.

Seasonality and locality: Choose crop season products and the local ingredients grown outdoors instead of greenhouses whenever possible. This reduces the energy needed for transportation and greenhouse production and supports local farmers.

Vegetables and fruits consumed during the season often contain more nutrients and have a fuller taste.



Summer

– The Season of Wealth

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



≈10 000 km

Food imported from outside Europe



≈300 km

European Foods



≈400 km

Domestic Foods



≈100 km
Local production

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.

Do you know what makes locally produced food so special? It is not just the taste, it is the story – the story of our community, of sustainable farming and of quality produced nearby.

Locally produced food offers us the opportunity to feel connected to our environment and to support local farmers.



Autumn

– Time to Harvest

Rarely

Fruits imported from outside Europe

Sometimes

From Europe: citrus, kiwifruit

Meat: game

Imported vegetables: asparagus

Often

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

Leaf vegetables: cabbages, spinach, Chinese cabbage

Fruits: apples, pears

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

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



≈10 000 km

Food imported from outside Europe



≈300 km

European Foods



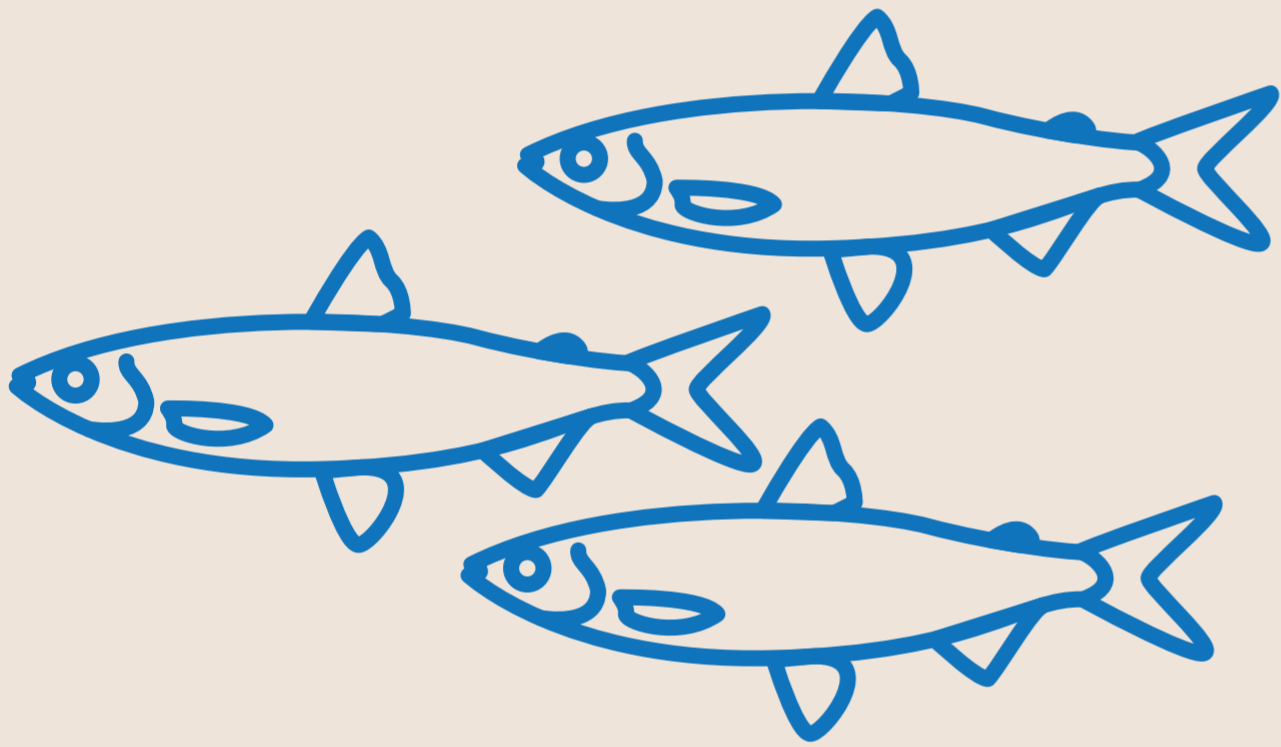
≈400 km Domestic Foods



≈100 km Local production

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.

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.



Winter

– The Time for Root Vegetables

Rarely

Fruits imported from outside Europe

Sometimes

Fruits and vegetables imported 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, rhubarb, strawberries

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