

All Year Round

Rarely

Food imported from outside Europe



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

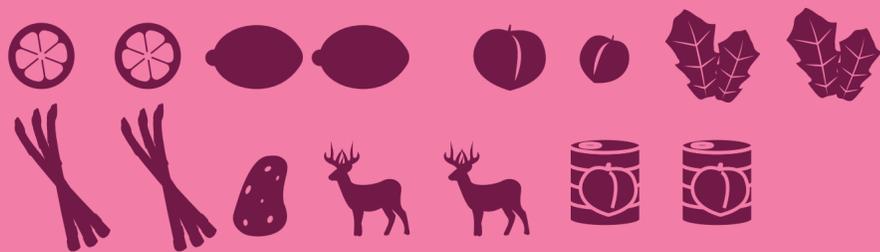
According to the harvest season, locally produced food is part of promoting sustainable development and a more environmentally friendly food system.

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

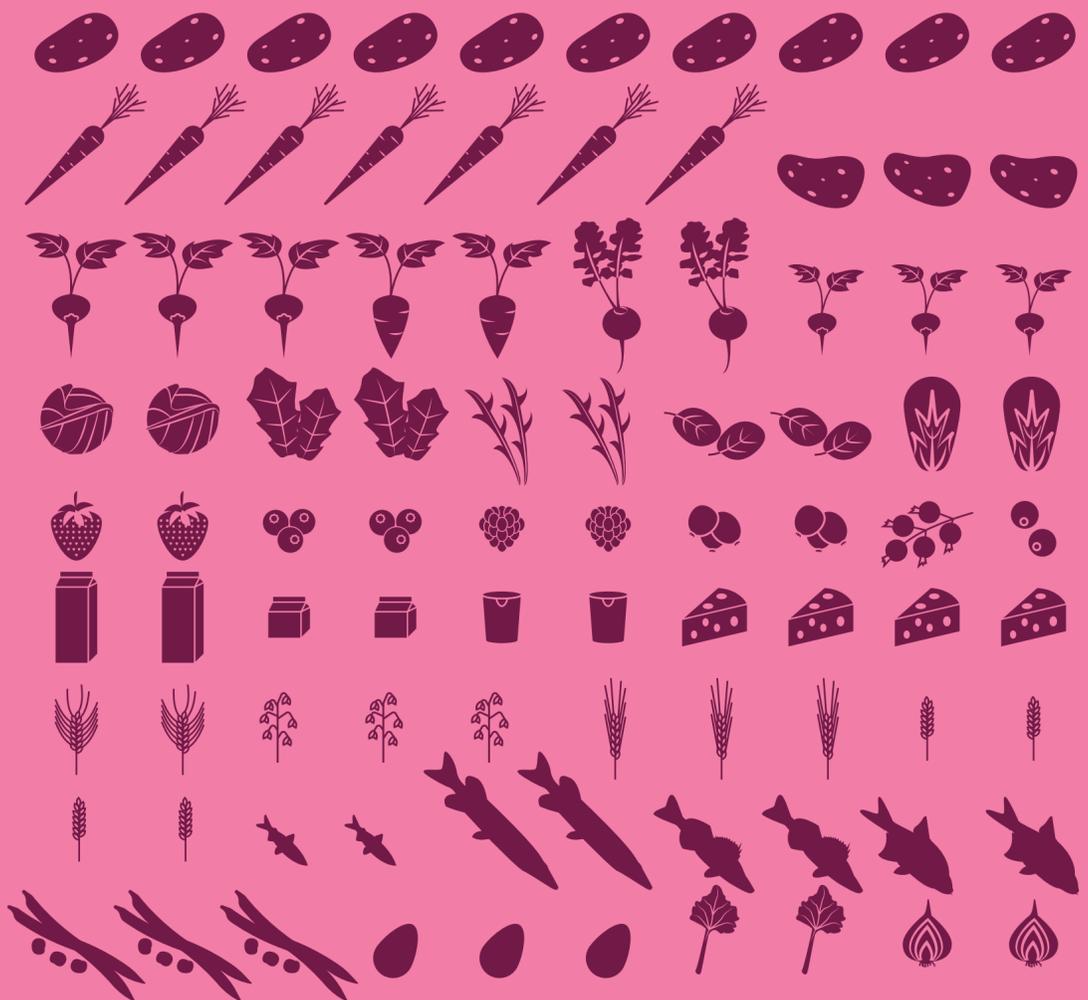
Berries: strawberry, blueberry, raspberry, lingonberry, currants, cranberry

Dairy products: yogurt, curd, cheese

Cereals: barley, oats, rye, wheat

Fish: vendace, pike, pike-perch, bream

Others: broad bean, egg, rhubarb, onions



Spring

– Time for Early Vegetables

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.

Rarely

Sap, food imported from outside Europe

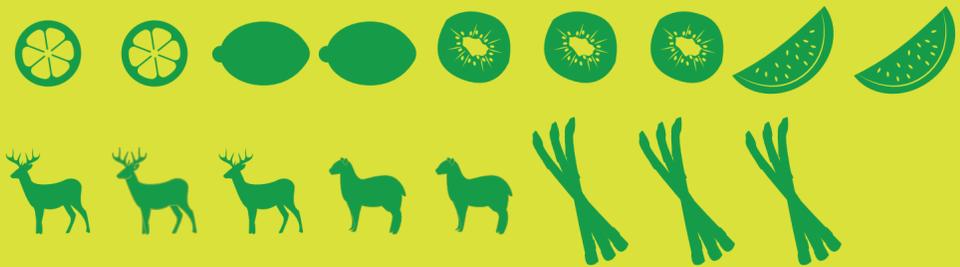


Sometimes

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



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.

Summer

– The Season of Wealth

Rarely

Canned and frozen food,
Imported fruits and vegetables



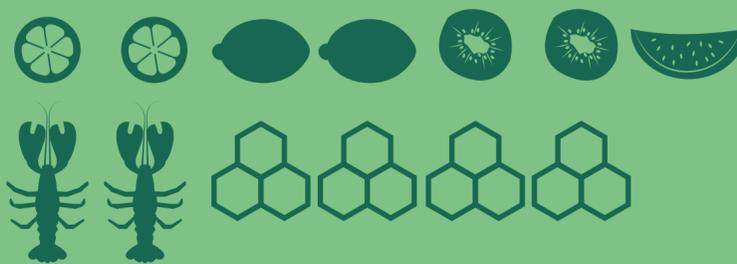
Now is the time for the abundant produce of the harvest season. There are tomatoes, cucumbers and pumpkins, fresh peas and beans, broccoli and cauliflower, tender roots and all kinds of vegetables. There are berries and mushrooms in the forest.

Now we can feast on everything fresh. It is also time to make preserves from the crop of the field and the forest.

Sometimes

European fruits: citrus, kiwifruit, melon

Others: crayfish, honey



Often

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

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: tomato, cucumber, open field cucumber, zucchini

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

Fish: vendace, pike-perch, whitefish



By choosing locally produced food seasonally, you support local farmers and small businesses, reduce your carbon footprint, and at the same time enjoy the benefits of freshness and quality.

Autumn

– Time to Harvest

Rarely

Fruits imported from outside Europe



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.

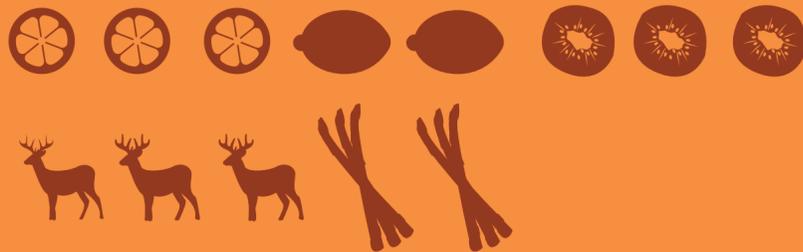
Autumn is also a time for hunting. The casseroles made from game and vegetables are seasonal. Fish is also a seasonal product of autumn.

Sometimes

European fruits: 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, bolete, milk-cap, 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



Locally produced food is more than just a meal - it is the story of a community, responsible food production, and authentic taste that springs directly from the soil near us.

Winter

– The Time for Roots Vegetables

Rarely

Fruits imported from outside Europe



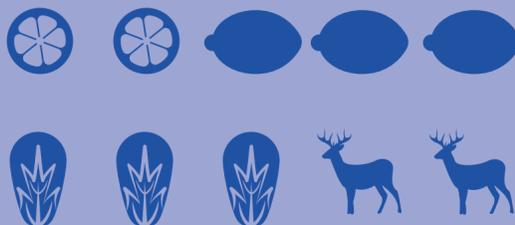
The time for root vegetables. Cabbages, onions, root vegetables, as well as flour and legumes form the basis of nutrition. Canned foods complement the range. Frozen vegetables are also used during winter.

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

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

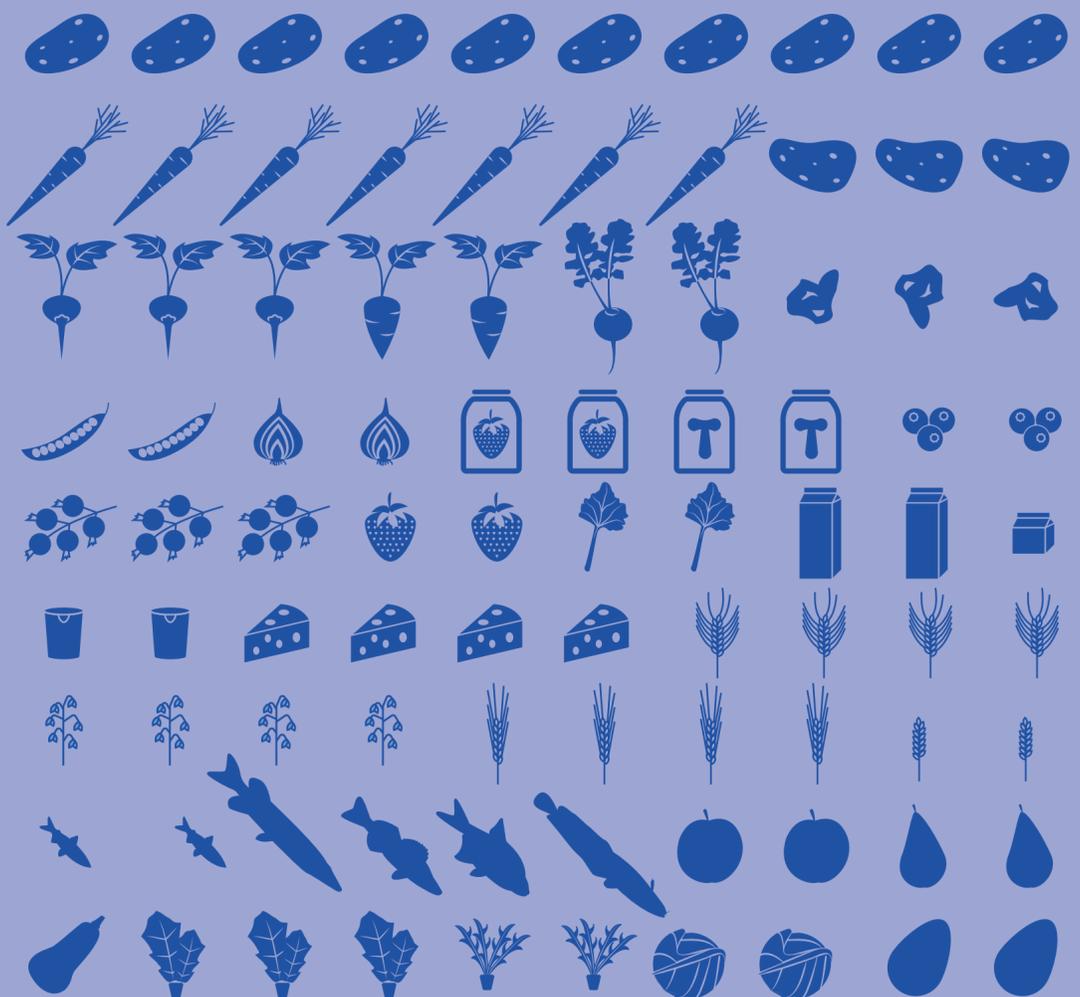
Freezers: blueberries, currants, strawberries, rhubarb

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



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.