

ALL YEAR 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
Dairy products: yogurt, curd, cheese
Fish: vendace, bream, pike-perch, pike
Others: onions, rhubarb, broad bean, egg



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: melon, kiwifruits, citrus
Imported vegetables: asparagus
Meat: game, mutton

OFTEN

Roots: radish, turnip, carrot, swede, beetroot, parsnip, celery, early potatoes

Leaf vegetables: salads, cabbages, rucola, Chinese cabbage

Herbs: nettle, dandelion

Berries: strawberry

Cereals: barley, oats, rye, wheat

Dairy products: yogurt, curd, cheese

Others: rhubarb, tomato, onions, egg, false morel

Fish: vendace, bream, pike-perch

The vegetables of the harvest season taste good, are fresh and at an appropriate price.

SUMMER

THE SEASON OF WEALTH

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.

RARELY

Canned and frozen food
Imported vegetables

SOMETIMES

European fruits: citrus, kiwifruits, melon

Others: crayfish, honey

OFTEN

Herbs: nettle

Leaf vegetables: salads, rucola, spinach, Chinese cabbage

Mushrooms: chanterelle

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

Cereals: barley, oats, rye, wheat

Dairy products: yogurt, curd, cheese

Fish: vendace, pike-perch, whitefish

Vegetables: cucumber, tomato, zucchini

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

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

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

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.