

# ALL YEAR ROUND



## OFTEN



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

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

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

**Dairy products:** yogurt, curd, cheese

**Cereals:** barley, oats, rye, wheat

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

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

## SOMETIMES



**European fruits, leaf vegetables and root vegetables:** fruits, asparagus, sweet potato

**Meat:** game

**Canned / Dry food**

## RARELY



**Food imported from outside Europe**

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

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



# SPRING



100 %



## OFTEN



100 %



**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

## SOMETIMES



**European fruits:** citrus, kiwifruit, melon

**Meat:** mutton, game

**Imported vegetables:** asparagus

## RARELY



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Food imported from outside Europe

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. ■



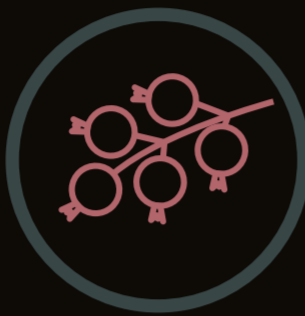
# SUMMER



100 %

100 %

## 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:** cucumber, open field cucumber, tomato, zucchini

**Fish:** vendace, pike-perch, whitefish

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

## SOMETIMES



**European fruits:** citrus, kiwifruit, melon

**Others:** crayfish, honey

## 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.

The harvest season refers to a time when certain vegetables, fruits or other products are available naturally in local farming areas. ■



# AUTUMN

  100%



## OFTEN

  100%



**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, pumpkin, onions, leek, rhubarb, egg

## SOMETIMES



**From Europe:** citrus, kiwifruit

**Meat:** game

**Imported vegetables:** asparagus

## RARELY

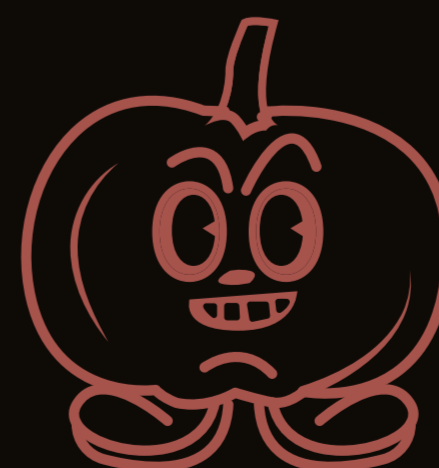


Fruits imported from outside Europe

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.

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

Locally produced food always provides the best flavours and nutrients, as it is picked at just the right time and travelled a short distance to your plate. ■



# WINTER



100 %

## OFTEN



100 %



**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

## SOMETIMES



**From Europe, fruits and vegetables:** citrus, Chinese cabbage

**Meat:** game

## RARELY



Fruits imported from outside Europe

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.

The harvest season products are delivered from short distances.

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

