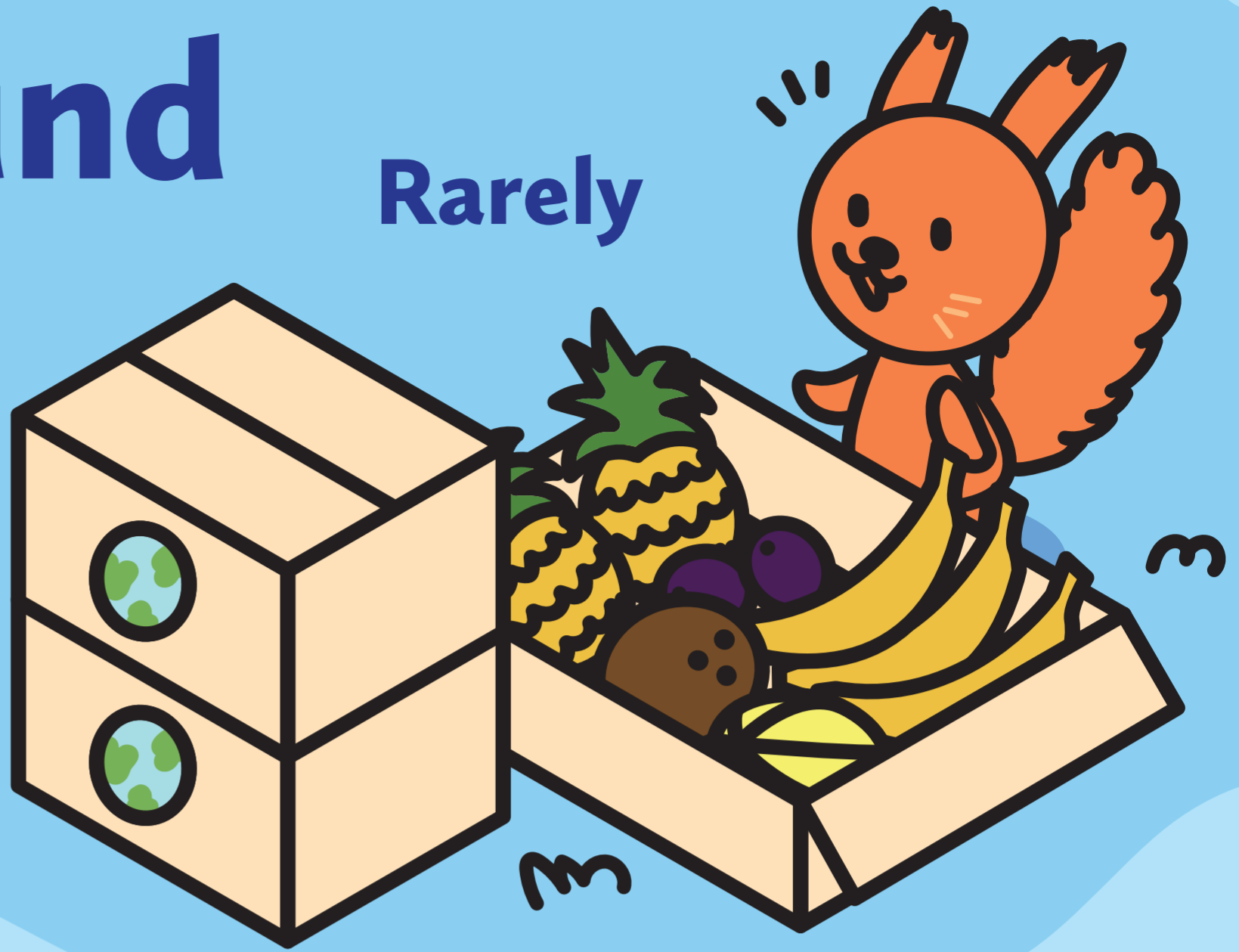


# All Year Round

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



Sometimes



Often



# 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.

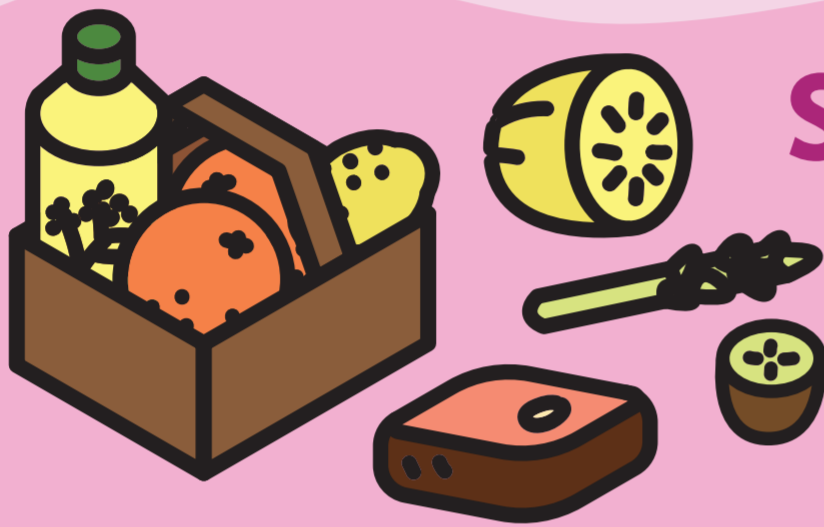
Various dry products such as beans, peas and flour are an important basis during this time. As late spring turns into early summer, early potatoes and early vegetables come in.



Rarely



Sometimes



Often



# 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



### Sometimes



### Often



# 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 seasonal product of autumn.

### Rarely



### Sometimes



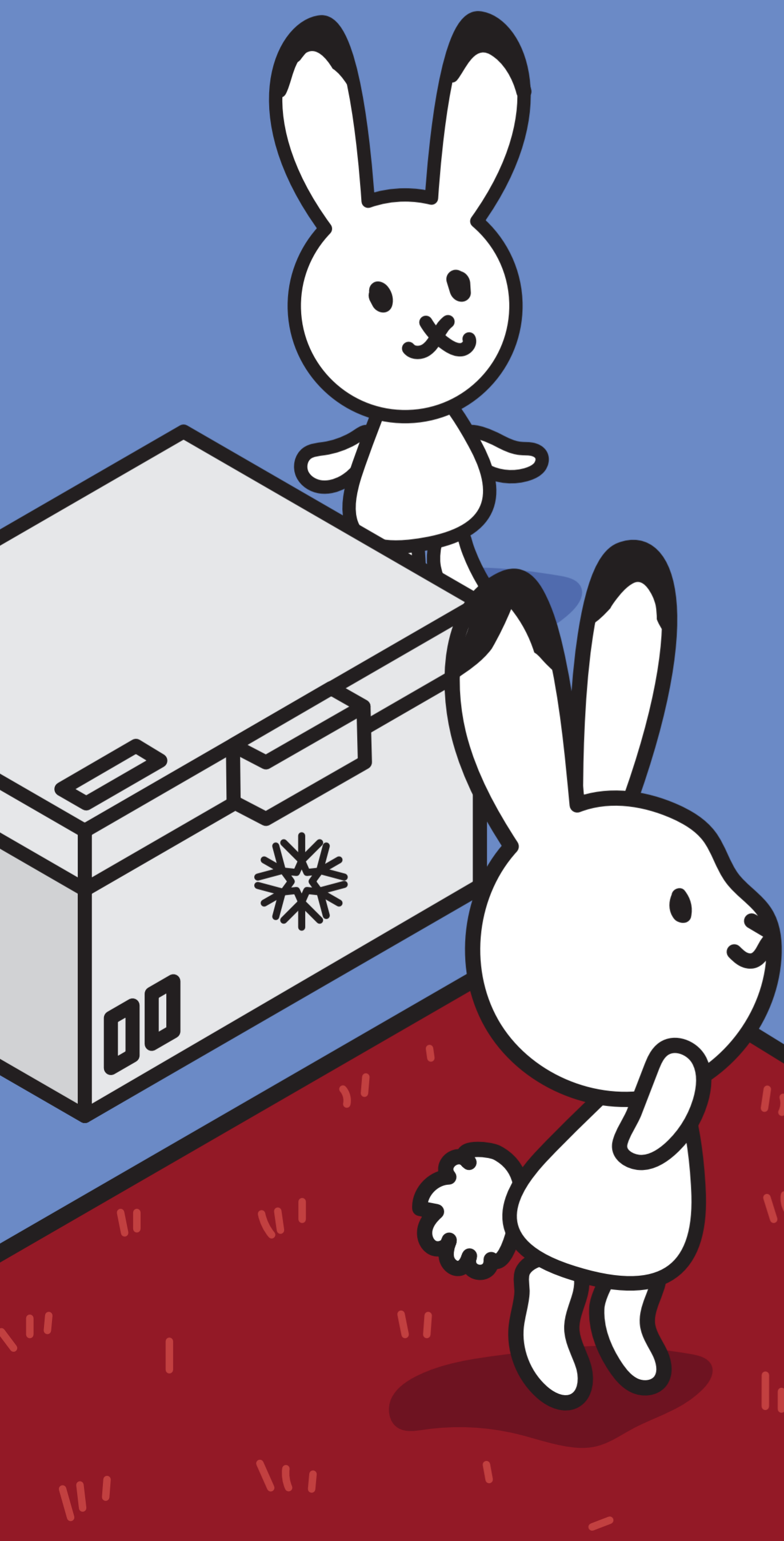
### Often

# Winter

## 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

Sometimes

Often

