

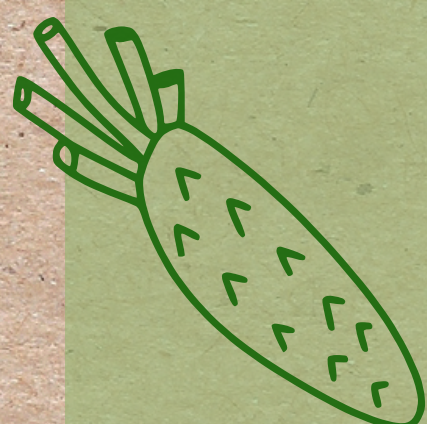
# WHICH LOCAL FRUITS AND VEGETABLES ARE IN SEASON?



Remote  
Health

## SPRING

Rhubarb  
Strawberries  
Various types of  
cabbage  
Kohlrabi  
Various salads  
Various herbs  
Various leafy  
vegetables (spinach,  
wild garlic, chard)  
Cucumbers  
Asparagus  
Mushrooms  
Turnip  
May turnip  
Radish  
Chicory  
Carrots



## SUMMER

Rhubarb  
Various berries  
Various types of stone  
fruit  
Various types of  
cabbage  
Apples  
Pears  
Kohlrabi  
Various salads  
Various herbs  
Various leafy  
vegetables (spinach,  
wild garlic, chard)  
Zucchini  
Various mushrooms  
Radish  
Onion  
Potatoes



## AUTUMN

Various berries  
Various types of stone  
fruit  
Various types of cabbage  
Apples  
Pears  
Rosehips  
Various nuts  
Various types of pumpkin  
Kohlrabi  
Various salads  
Various herbs  
Various leafy vegetables  
(spinach, wild garlic,  
chard)  
Various beans  
Onion  
Potatoes  
Chestnuts

## WINTER

Kale  
Brussels sprouts  
Chinese cabbage  
Savoy  
Mushrooms  
Beetroot  
Turnip  
Parsley root  
Parsnips  
Chicory  
Various salads  
Horseradish  
Onion  
Potatoes  
Various nuts  
Carrots  
Chestnuts



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