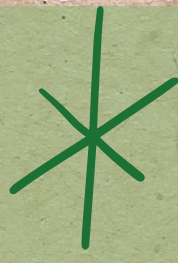


WHICH LOCAL FRUITS AND VEGETABLES ARE IN SEASON?

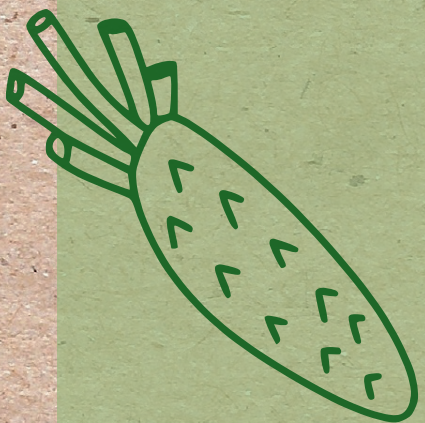


Remote Health



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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