



Remote
Health

WHEN IS THE RIGHT SEASON FOR DOMESTIC FRUITS & VEGETABLES?



SPRING

rhubarb
strawberries
various types of cabbage
kohlrabi
various salads
various herbs
various leafy vegetables
(spinach, wild garlic, chard)
cucumbers
asparagus
mushrooms
turnip
radish
chicory
carrots



SUMMER

rhubarb
various berries
various types of stone fruits
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 fruits
various types of cabbage
apples
pears
rosehips
various nuts
various types of pumpkins
kohlrabi
various salads
various herbs
various leafy vegetables
(spinach, wild garlic, chard)
various beans
onion
potatoes
chestnuts

WINTER

kale
cauliflower
chinese cabbage
savoy
mushrooms
Beetroot
turnip
parsley root
parsnips
chicory
various salads
horseradish
onion
potatoes
various nuts
carrots
chestnuts