



## Press Release

### Your Fruit and Vegetable Seasonal Calendar

Eating fruits and vegetables that are in season has many benefits, including their high nutrient content due to ripening according to the natural cycle and harvesting at their peak. In order to encourage the consumption of fresh and in-season produce throughout the year, I love Fruit & Veg from Europe suggests that people keep an eye on the seasonal calendar to determine which fruits and vegetables are presently obtainable.



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## Fall for bright and colorful taste

Autumn vegetables and fruits provide vitamins and antioxidants that would help to smooth the body's transition from the warm summer season to the colder months. There is no better time to stock up on vitamins than in the fall when a wide variety of healthy fruits and vegetables are at their peak. Apples are vitamin-packed. Vitamin C in its composition boosts fall immunity. Apples' organic acids help in post-exercise recuperation, while phosphorus boosts brain and nervous system function. According to research, apples are more digestible than other fruits. Many beneficial compounds may be found in pumpkins. This orange vegetable is essential for building a strong immune system because of its high vitamin, protein, fiber, and trace element content. Vitamins E, A, C, and B, as well as magnesium, potassium, iron, calcium, and dietary fiber, are all abundant in pumpkin pulp. Given its high carotene content, pumpkin is frequently touted as a means of protecting eyesight. I love Fruit & Veg from Europe recommends you include grapes, plums, pears, persimmons, aubergines, bell peppers, broccoli, celery, and green lettuce in your meals to maintain your summer energy and health.

## Winter Nature's Gifts

So that a lack of healthy vegetables and fruits doesn't impact the immune system, it is important to know which late fall and winter nature gifts to eat. Root crops should be mentioned first and foremost in terms of winter usefulness. Cabbage is a real storehouse of vitamins! I love Fruit & Veg from Europe recommends including this vegetable in your daily meals. Delicious carrots, beets, and turnips are the best veggies for the winter months. These types keep well enough to be used throughout the winter and early spring. They have a high concentration of vitamins. Artichokes, leeks, persimmons, kiwi, and citrus fruits boost immunity and give vitamins and minerals to the body.

## Fresh and green in Spring

With the arrival of spring, nature's delectable gifts are gradually making their way back into our lives. What veggies and fruits should you consume in the spring?

Fresh greens of all kinds are preferable: lettuce, parsley, cilantro, dill, wild garlic, and much more. They include increased amounts of vitamins A, B2, C, PP, and different amino acids. Asparagus contains vegetable proteins, antioxidants, B vitamins, and vitamins C, A, and E. Fresh peas are another good source of vitamins for our bodies. Peas are high in antioxidants and have been shown to slow down the aging process. Peas also include amino acids, which are required by the body to form cells. Just like in the winter, it's important to keep getting enough vitamin C, especially from citrus fruits. Include in your spring diet fresh strawberries, spinach, fennel, and citrons such as lemons and oranges.

## Summer the vitamins supplier

Summer is like a breath of fresh air. Enough for everyone! This time gives us the opportunity to replenish the supply of strength and health, enrich the body with vitamins and minerals, and increase the level of energy and vital resources. Blueberry, melon, watermelon, fig: in the sunny season, these products are in great demand. Some summer veggies and fruits are very beneficial to our health. Your body will undoubtedly reward you if you eat apricots, cucumbers, tomatoes, and reddish in the summer. Peaches are a must-have in your grocery cart since they are high in iron, copper, potassium, and magnesium. Apricots are high in antioxidants, while zucchini meals provide a good source of potassium and magnesium. Carrots are high in beta-carotene, which promotes skin health and eyesight.

I love Fruit & Veg from Europe prepared for you the seasonal fruits and vegetables calendar. You can download the file [here](#).



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Visit our website <https://ilovefruitandvegfromeurope.com> or contact us at the following email address [ch.social@ilovefruitandvegfromeurope.com](mailto:ch.social@ilovefruitandvegfromeurope.com) for additional recipes of beverages and delicious dishes based on fresh fruits and vegetables to bring to your table every day.

Enjoy.

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