












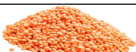

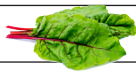












Seasonal table of Swiss superfoods

Which superfoods are in season when?

● Season

	Jan	Feb	March	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
artichokes 												
wild garlic 												
broccoli 												
blackberries 												
nettles 												
buckwheat 												
barley grass 	Available in powder form all year round, often home-grown.											
kale 												
oats 												
blueberries 												
millet 												
pumpkin seeds 												
linseed 												
lentils 												
dandelion 												
chard 												
parsley 												
beetroot 												
rapeseed oil 												
peppers 												
sunflower seeds 												
sultanas 												
spinach 												
grape seeds 												
juniper 												
wheatgrass 	Available in powder form all year round, often home-grown.											