

Agro Katina fruit & veg calendar

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apricot (Berquq)												
Artichoke (Qaqoċċ)												
Aubergines (Brunġiel)												
Bambinella (Bambinella)												
Bell Peppers (Bżar Helu)												
Broad Beans (Ful)												
Broccoli (Brokkli)												
Cabbage (Kaboċċi)												
Carrot (Zunnarija)												
Cauliflower (Pastard)												
Fresh Figs (Tin Frisk)												
Garlic (bulb) (Tewm/basla)												
Garlic (fresh)(Tewm/frisk)												
Grapes (Gheneb)												
Kohlrabi (Ġdur)												
Lemon (Lumi)												
Lettuce (Hass)												
Mandarin (Mandolin)												
Melon (Bettieħ)												
Onion (Basal)												
Orange (Laring)												
Peach (Hawħ)												
Plums (Għanbaqar)												
Pomegranates (Rummien)												
Potatoes (Patata)												
Prickly Pears (Bajtar tax-Xewk)												
Pumpkin (Qargħa Aħmar)												
Strawberries (Frawli)												
Tomatoes (Tadam)												
Watermelon (Dulliegh)												
Zucchini (Qarabagħli Twil)												

Why local?

Locally grown fruit and vegetables are picked fresh and in season, which is when they have the best flavour and nutritional value. Local foods do not have to be transported far and therefore have a small carbon footprint. By buying locally, you support local farmers, the local economy and the preservation of the local agricultural landscape and local varieties of fruit and vegetables.

Why seasonal?

Seasonal produce is full of flavour and often tastes better than imported products, which are picked before they are ripe and need to be preserved during their travel. Local seasonal products have a short time between harvest and consumption, and therefore it is less likely that the nutrient value has decreased.

Where to buy organic?

You can buy local organic fruit & veg from the following retailers:

Hames Sensi : hamesensi.com



Farmer's Deli : farmersdelimalta.com



Vincent's Eco Farm : facebook.com/vincentsecofarm



For a full list of local organic farmers and retailers, visit our project website:
<http://foemalta.org/project/agrokatina>

Why organic?

Organic fruit & vegetables are grown largely without pesticides and synthetic fertilizers and are strictly not genetically modified (GMO). Organic farming practices respect the environment and are aimed at supporting and preserving soil fertility, biodiversity and natural resources. In Malta, organic farmers are certified and controlled by the MCAA (Malta Competition and Consumer Affairs Authority). A full list of certified organic producers and retailers can be found on their website. Certified organic products can be recognized from the EU organic label.



Key

Fresh

Greenhouse

The Agro Katina pocket guide to local and seasonal fruit & veg was developed by Friends of the Earth Malta. We researched the local fruit & veg supply chain in Malta in the context of the Supply Chain project, which strives to find solutions to the growing challenge of reducing environmental impacts and improving working conditions along the supply chain of supermarkets. The project was co-financed by the EU and the Ministry for Social Dialogue, Consumer Affairs, and Civil Liberties.

Friends of the Earth Malta is a Maltese non-government organisation, member of an International network of NGOs, which strives to promote sustainable development and to ensure that human activities do not harm other living creatures.

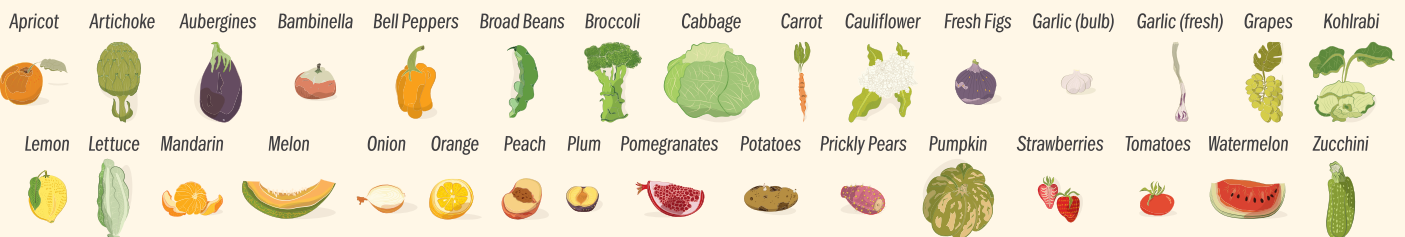
Friends of the Earth Malta engages in vibrant campaigns, raises awareness, and mobilises people to participate in public decision making.



*A Pocket Guide
to local & seasonal
fruit & vegetables*

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The content of this publication does not reflect the official opinion of the European Union. Responsibility for the information and views expressed in the guide lies entirely with the author.



Friends of the Earth Malta



MINISTRY FOR SOCIAL DIALOGUE,
CONSUMER AFFAIRS AND CIVIL LIBERTIES