# AgroKatina fruit & veg calendar

<table>
<thead>
<tr>
<th>JAN</th>
<th>FEB</th>
<th>MAR</th>
<th>APR</th>
<th>MAY</th>
<th>JUN</th>
<th>JUL</th>
<th>AUG</th>
<th>SEP</th>
<th>OCT</th>
<th>NOV</th>
<th>DEC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apricot (Berqu)</td>
<td>Artichoke (Qaqqoċċ)</td>
<td>Aubergines (Brinjil)</td>
<td>Bambinella (Bambinella)</td>
<td>Bell Peppers (Bżar Melu)</td>
<td>Broad Beans (Fall)</td>
<td>Broccoli (Brokki)</td>
<td>Cabbage (Kabocċi)</td>
<td>Carrot (Zurnarija)</td>
<td>Cauliflower (Pastard)</td>
<td>Fresh Figs (Tin Frisk)</td>
<td>Garlic (bulb) (Tewm/basla)</td>
</tr>
</tbody>
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**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.

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**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 MCCAA (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.

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**Where to buy organic?**

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

- **Hames Sensi**: [hamessensi.com](http://hamessensi.com)
- **Farmer’s Deli**: [farmersdeimalta.com](http://farmersdeimalta.com)
- **Vincent’s Eco Farm**: [facebook.com/vincentsecofarm](http://facebook.com/vincentsecofarm)

For a full list of local organic farmers and retailers, visit our project website: [http://foemalta.org/project/agrokatina](http://foemalta.org/project/agrokatina)

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**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.
AgroKatina fruit & veg calendar

DEC  JAN  FEB  MAR  APR

NOV

OCT

SEP

AUG

AGRO

KATINA

JUL  JUN

Apricot  Artichoke  Aubergines  Rambinella  Bell Peppers  Broad Beans  Broccoli  Cabbage  Carrot  Cauliflower  Fresh Figs  Garlic (bulb)  Garlic (finest)  Grapes  Kohlrabi

Lemon  Lettuce  Mandarin  Melon  Onion  Orange  Peach  Plum  Pomegranates  Potatoes  Prickly Pears  Pumpkin  Strawberries  Tomatoes  Watermelon  Zucchini

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.