

Animal-friendly food is always in season!

























More Humanity towards Animals



Fruit and vegetables seasonal calendar



V E G E T A B L E	 Asparagus 1 2 3 4 5 6 7 8 9 10 11 12	 Aubergine 1 2 3 4 5 6 7 8 9 10 11 12	 Beans 1 2 3 4 5 6 7 8 9 10 11 12	 Beetroot 1 2 3 4 5 6 7 8 9 10 11 12	 Broccoli 1 2 3 4 5 6 7 8 9 10 11 12	 Cabbage 1 2 3 4 5 6 7 8 9 10 11 12	 Carrots 1 2 3 4 5 6 7 8 9 10 11 12	 Cauliflower 1 2 3 4 5 6 7 8 9 10 11 12
	 Celeriac 1 2 3 4 5 6 7 8 9 10 11 12	 Celery 1 2 3 4 5 6 7 8 9 10 11 12	 Chard 1 2 3 4 5 6 7 8 9 10 11 12	 Chinese cabbage 1 2 3 4 5 6 7 8 9 10 11 12	 Courgette 1 2 3 4 5 6 7 8 9 10 11 12	 Cucumber 1 2 3 4 5 6 7 8 9 10 11 12	 Daikon 1 2 3 4 5 6 7 8 9 10 11 12	 Endive 1 2 3 4 5 6 7 8 9 10 11 12
	 Fennel 1 2 3 4 5 6 7 8 9 10 11 12	 Garlic 1 2 3 4 5 6 7 8 9 10 11 12	 Green beans 1 2 3 4 5 6 7 8 9 10 11 12	 Iceberg lettuce 1 2 3 4 5 6 7 8 9 10 11 12	 Jerusalem artichoke 1 2 3 4 5 6 7 8 9 10 11 12	 Kohlrabi 1 2 3 4 5 6 7 8 9 10 11 12	 Lamb's lettuce 1 2 3 4 5 6 7 8 9 10 11 12	 Leek 1 2 3 4 5 6 7 8 9 10 11 12
	 Lettuce 1 2 3 4 5 6 7 8 9 10 11 12	 Lollo rosso 1 2 3 4 5 6 7 8 9 10 11 12	 Mushrooms 1 2 3 4 5 6 7 8 9 10 11 12	 Onions 1 2 3 4 5 6 7 8 9 10 11 12	 Parsley root 1 2 3 4 5 6 7 8 9 10 11 12	 Parsnip 1 2 3 4 5 6 7 8 9 10 11 12	 Peas 1 2 3 4 5 6 7 8 9 10 11 12	 Peppers 1 2 3 4 5 6 7 8 9 10 11 12
	 Potatoes 1 2 3 4 5 6 7 8 9 10 11 12	 Pumpkin 1 2 3 4 5 6 7 8 9 10 11 12	 Radicchio 1 2 3 4 5 6 7 8 9 10 11 12	 Radish 1 2 3 4 5 6 7 8 9 10 11 12	 Red cabbage 1 2 3 4 5 6 7 8 9 10 11 12	 Rhubarb 1 2 3 4 5 6 7 8 9 10 11 12	 Rocket 1 2 3 4 5 6 7 8 9 10 11 12	
	 Salsify 1 2 3 4 5 6 7 8 9 10 11 12	 Spinach 1 2 3 4 5 6 7 8 9 10 11 12	 Sprouts 1 2 3 4 5 6 7 8 9 10 11 12	 Sugarloaf 1 2 3 4 5 6 7 8 9 10 11 12	 Sweetcorn 1 2 3 4 5 6 7 8 9 10 11 12	 Tomatoes 1 2 3 4 5 6 7 8 9 10 11 12	 White cabbage 1 2 3 4 5 6 7 8 9 10 11 12	

F R U I T	 Apple 1 2 3 4 5 6 7 8 9 10 11 12	 Apricot 1 2 3 4 5 6 7 8 9 10 11 12	 Blackberries 1 2 3 4 5 6 7 8 9 10 11 12	 Blueberries 1 2 3 4 5 6 7 8 9 10 11 12
	 Cherries 1 2 3 4 5 6 7 8 9 10 11 12	 Cranberries 1 2 3 4 5 6 7 8 9 10 11 12	 Currants 1 2 3 4 5 6 7 8 9 10 11 12	 Elderberries 1 2 3 4 5 6 7 8 9 10 11 12
	 Gooseberries 1 2 3 4 5 6 7 8 9 10 11 12	 Grapes 1 2 3 4 5 6 7 8 9 10 11 12	 Peach 1 2 3 4 5 6 7 8 9 10 11 12	 Pear 1 2 3 4 5 6 7 8 9 10 11 12
	 Plum 1 2 3 4 5 6 7 8 9 10 11 12	 Quince 1 2 3 4 5 6 7 8 9 10 11 12	 Raspberries 1 2 3 4 5 6 7 8 9 10 11 12	 Strawberries 1 2 3 4 5 6 7 8 9 10 11 12

Local, seasonal fruit and vegetables taste better as they are rich in flavour. Freshly prepared meals with seasonal ingredients can also boost your vitamin intake!

This seasonal calendar provides an overview of fruit and vegetables that may be found at your local farmer's market or grocery store. Also, keep an eye on where the produce originates from; check the packaging, or ask for further information.



Animal welfare and human nutrition – How are they linked?

Most of the animal products available on the market today come from ‘conventional’ farming. This method aims to produce large quantities of meat, eggs and dairy in a minimum time. Animal welfare is not a priority.

But what can you do about it? The good news: Making changes to your diet is the most direct step you can take to positively impact the life of animals used in conventional farming. Everyone can help by making more compassionate food choices, which could **contribute towards reducing animal suffering in agriculture.**

The 3Rs Principle

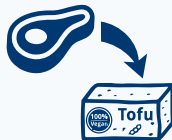
FOUR PAWS encourages people to follow and support a compassionate, animal-friendly diet by reducing the consumption of animal products and replacing them with plant-based alternatives.



REDUCE: Reduce the consumption of animal products such as meat, dairy and eggs.



REFINE: If you choose to buy animal products, ensure you read the labels and opt for items that promote high animal welfare standards.



REPLACE: Replace meat, dairy and eggs with plant-based alternatives. This is the most animal-friendly choice.

The FOUR PAWS’ seasonal calendar helps you choose regional and seasonal fruit and vegetables to ensure high quality, tasty meals without animal products. This way, you can boost your health, contribute to the welfare of animals, as well as help climate protection and the planet as a whole.

Happy cooking!

Further information on animal welfare and nutrition can be found at:
www.vier-pfoten.org/en/topics/farm-animals/nutrition/



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