

Fit with winter vegetables

Packed with vitamins and minerals, winter vegetables grow when it's cold outside. This makes them an important aid to the immune system.

Regional and seasonal is best

Winter vegetables have lots of benefits. If you opt for locally grown vegetables, you'll also be doing good in terms of sustainability. Harvesting produce when ripe results in lots of flavour as well as the most nutrients.

The season for all sorts of cabbage

Whether Chinese or white cabbage, curly kale, sprouts or cauliflower: They're all bursting with power! Different types of cabbage give a great boost to the immune system when colds and flu are about. They supply a whole variety of valuable vitamins and minerals, for example vitamin C, potassium, calcium, zinc or iron, as well as antioxidants that protect the body's cells. Your whole metabolism will benefit by eating them.

A voyage of (re-)discovery

Parsnip, turnip, black salsify, Jerusalem artichoke or beetroot – have you tried any of them? They can be used to conjure up delicious dishes that are out of the ordinary. It's worth trying something new and enriching your diet with flavours you maybe haven't tried before – while doing you good at the same time!

Bitter is wholesome

Endive and chicory are great in a salad. It's also their bitter substances that make them healthy. They additionally have a positive effect on the digestion, stimulating the production of saliva, gastric juices and bile. The bitterness helps curb cravings for sweet things too.

