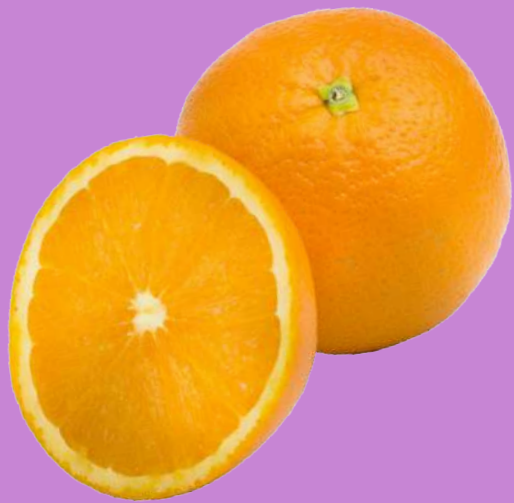




# START THE NEW YEAR WITH SEASONAL SHOPPING



Here are the fruits and vegetables  
to buy in January

**A new year has begun:  
after the holiday  
feasts, the first days  
of January roll in, and  
life gradually returns  
to its usual rhythm.**

Amid leftovers of vegan panettone and New Year's lentils, the need arises for a fresh grocery haul filled with **fruits and vegetables to brighten your home and pack every meal with essential nutrients and vitamins.** But what should you choose? We've got you covered!



# January's seasonal fruit



**Lemons,  
Citrons**



**Tangerines,  
Clementines**

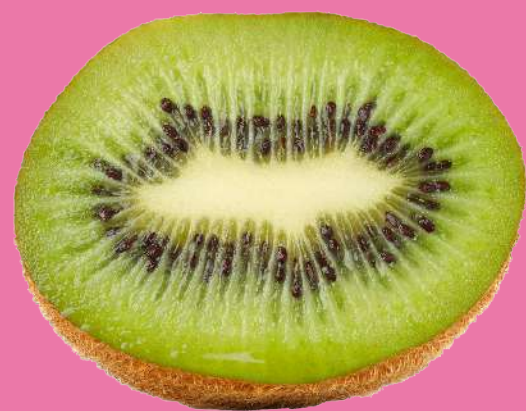


**Grapefruits**



**Pomegranates**

From citrons to lemons, tangerines to grapefruits- it's the perfect time to stock up on juicy, vibrant **yellow and orange fruits**. But don't forget kiwis, pears, and apples too!



**Kiwis**



**Apples**



**Pears**



**Oranges**



# And what about vegetables?



**Swiss chard**



**Broccoli**

As with all winter months, **leafy greens and cruciferous** vegetables are staples you shouldn't miss in your shopping bag.



**Artichokes**



**Cardoons**



**Endive**



**Carrots**



**Cauliflower**



**Brussels sprouts**



**Cabbages**



**Chicory**



**Fennel**



**Onions**



**Potatoes**



**Leeks**



**Radicchio**



**Turnips**



**Celery**



**Celeriac**



**Spinach**



**Jerusalem  
artichokes**



**Pumpkins**



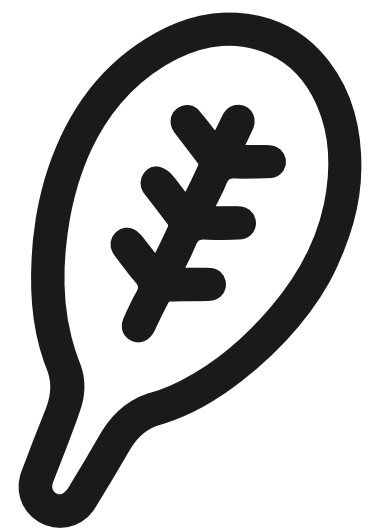
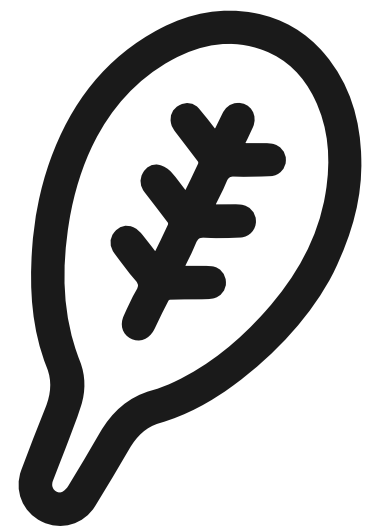
**Lettuce**



**Shallots**



# Herbs and aromatics



**Rosemary**



**Sage**



**Parsley**

# A gentle reminder:

Choose seasonal fruits and vegetables for your health and the environment.

**Produce eaten during its natural growing season is more nutritious and sustainable.**

**Out-of-season fruits and vegetables often travel vast distances before reaching your table, contributing significantly to pollution.**





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