

Discover the Flavors of Sweden:

A VEGAN CULINARY JOURNEY



Join me as we transform simple, local ingredients into wholesome and satisfying plant based meals, celebrating both tradition and innovation in Swedish cuisine.

BY OLIVIA NAGY

Have You Noticed the "Från Sverige" Logo in Shops?

Sweden's rich agricultural tradition offers an incredible array of local grains, vegetables, fruits, herbs, and edible flowers, all of which play an essential role in the country's cuisine. In this course, we will explore how to use these fresh, locally grown ingredients to create delicious, plant-based vegan dishes rooted in Swedish culinary traditions. From hearty grains and seasonal vegetables to aromatic herbs and vibrant berries, our recipes will highlight the natural flavors of Sweden's homegrown produce. Join us as we blend tradition with innovation, crafting wholesome vegan meals inspired by the bounty of Swedish farms and gardens.



important tip



In Sweden, every shop features products bearing the "Från Sverige" (From Sweden) logo. This label signifies that the product is made or grown locally, ensuring quality and supporting Swedish agriculture. When shopping, look for this logo to choose products that reflect Sweden's rich culinary heritage and commitment to local production. By selecting items with the "Från Sverige" logo, you're not only enjoying fresh, high-quality ingredients but also supporting local farmers and businesses. Keep an eye out for this logo on your next shopping trip!

In Sweden we rarely have markets, but we have REKO-ring



In Sweden REKO-ring is a vibrant community initiative that connects consumers directly with local farmers and producers. By shopping at REKO-ring locations, you support sustainable agriculture and enjoy fresh, high-quality products straight from the source. This initiative fosters relationships between consumers and farmers, allowing you to learn more about the food you eat and the people who grow it.

important tip

Look for your nearest REKO-ring:

REKO-ring Skellefteå (on Facebook) to experience the best of Swedish local produce!



Am I Using Only Local Products?

Of course not. Are you? While I strive to prioritize local ingredients it's not always feasible to rely solely on them. Like everyone else, I enjoy the rich flavors of good spices, dates, seeds, and I have a particular fondness for peaches and oranges.

And let's be honest: who doesn't like chocolate? It's a beloved treat that adds indulgence to our lives and enhances many recipes.

Does this make me a bad person? I don't believe so. Embracing a variety of ingredients allows me to create diverse and exciting dishes. While supporting local farmers (or produce for yourself in the garden) and enjoying the benefits of seasonal produce is important, I also appreciate the global flavors that enhance my cooking. Striking a balance between local and non-local ingredients enriches my culinary experience without compromising my values. After all, good food is about health, enjoyment and creativity!

Main local plant based ingredients

In Sweden, we are fortunate to have a wide variety of locally grown crops that have long been part of the country's agricultural tradition. From hearty grains to fresh vegetables, fragrant herbs, and vibrant fruits, Sweden's natural bounty forms the basis of many beloved dishes. Below is a list of some of the key ingredients that are grown right here in Sweden:

1.

Grains:

Wheat, barley, oats, rye, spelt, buckwheat, millet, and even small-scale quinoa are cultivated across the country.

2.

Vegetables:

Staples like potatoes, carrots, beets, onions, cabbage, kale, broccoli, cauliflower, leeks, turnips, radishes, and parsnips are widely grown. Other vegetables such as peas, beans, spinach, cucumbers, lettuce, celery, pumpkin, zucchini, tomatoes, peppers, asparagus, and Brussels sprouts also thrive in Sweden.

3.

Fruits:

Swedish orchards and wild landscapes offer apples, pears, plums, cherries, strawberries, raspberries, blackcurrants, redcurrants, gooseberries, blueberries, lingonberries, cloudberries, sea buckthorn, and rhubarb.

4.

Beans and Legumes:

Peas, field beans, broad beans, lupin, kidney beans, chickpeas, and lentils are part of the Swedish agricultural tradition, providing plant-based proteins.



Main local plant based ingredients

5.

Herbs and Spices:

A wide variety of aromatic herbs are grown in Sweden, including dill, parsley, thyme, rosemary, sage, mint, chives, oregano, lovage, fennel, and tarragon. Many traditional dishes are flavored with these herbs, as well as spices like caraway, juniper berries, horseradish, and mustard seeds.

6.

Other Crops:

Rapeseed, flax, and sugar beets and mushrooms are grown throughout Sweden, playing an important role in the local economy and culinary culture.

7.

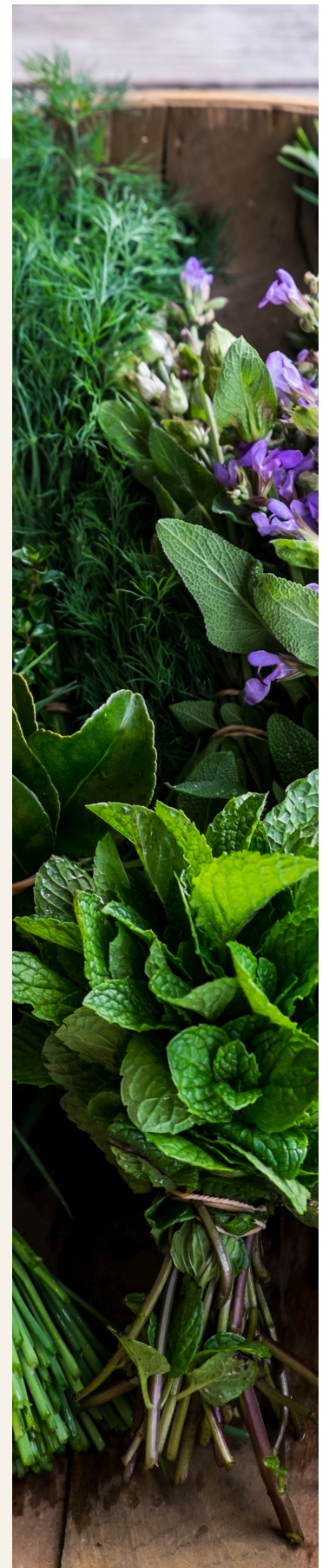
Nuts:

Hazelnuts are the most commonly grown nut in Sweden. They thrive in southern parts of the country and are used in various desserts and confections. Walnuts not traditionally grown in large quantities due to the climate, but can be found in some gardens. Most walnuts (and other nuts) available in stores are imported.

8.

Herbal Flowers:

In addition to herbs, many edible flowers are used in Swedish cooking, adding both flavor and beauty to dishes. Flowers such as chamomile, calendula, borage, lavender, elderflower, and nasturtium are commonly grown in Sweden. These herbal flowers not only provide a delightful fragrance but are also rich in vitamins and antioxidants, making them a perfect addition to teas, salads, and decorative garnishes in Swedish cuisine.



These ingredients have long been part of Swedish cuisine, with many used in traditional dishes passed down through generations. In this cooking course, we are proud to use some of these local ingredients to create delicious, plant-based vegan dishes inspired by Swedish culinary traditions. By embracing the best that Sweden's farms and fields have to offer, we aim to showcase the rich flavors and nutritional benefits of fresh, local, and seasonal produce.

Join me as we transform
these simple, local
ingredients into wholesome
and satisfying vegan meals,
celebrating both tradition
and innovation in Swedish
cuisine.



Thank You for Joining My Local Ingredients Vegan Cooking Course in cooperation with Expats & Friends–Skellefteå

We hope you enjoyed exploring the rich flavors of Swedish cuisine and you learned how to create delicious plant-based dishes using local ingredients. It was a pleasure to share this experience with you, and we hope you feel inspired to continue cooking with fresh, seasonal produce.

As you embark on your culinary journey, remember the wonderful ingredients we've worked with and the techniques you've learned. We encourage you to experiment and bring a taste of Sweden into your kitchen.

Thank you for being part of our community, and we hope to see you again in future courses! If you have any feedback or questions, please don't hesitate to reach out on Expats & Friends– Skellefteå living facebook group or see under my contact details.



Thank you!

We look forward to welcoming you
back soon!



olivia@on-pilates.com

www.nagyolivia.com
