

Our four distinct seasons have the greatest influence on Estonia's culinary culture.

Seasonal food is one of the key values in Estonian restaurants and homes.

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Spring

Green onion, wild garlic, cucumber, salad, sorrel dock, ground elder, nettle, spruce sprigs. Rhubarb and radish bring spicier colours to the plate.

The flavours of springtime dishes are delicate, pure, bursting of freshness.



Summer

Early potatoes with butter-fried chanterelles, vegetables, meat, seasoned in different marinades. Strawberries, raspberries, redcurrants and blackcurrants, jellies and kama with buttermilk.

The flavours of summer are light and juicy.



Fall

Carrots, turnips, cabbage and beetroot, mushrooms, red-cheeked apples and lingonberries, farmed animal meat and wild boar meat.

The flavours of autumn are diverse and nuance-rich.



Winter

The flavours of winter are strong and filling.

Dark blood sausages and blood dumplings, black rye bread, porridges and stews, hotpots and oven roasts, pork roast and sauerkraut.



the sea



the land



the forest



taste estonia
from three
origins

head isu!



experience
the four
seasons

taste
estonia

