“MOVE TOGETHER IN A HEALTHY EUROPEAN WAY”

LOCAL PLANT CULTURES IN HUNGARY

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Mostly county farms product strawberry. Producing this fruit requires much hard manual work. The best time for planting is August either in green-house or open-air. The lifetime of a plant is 3-4 years. The plants need much caring, sunshine, water and fertilizer. Harvesting time is May and June.
Strawberry is very popular in Hungary. It is the first fresh homeland fruit after winter. Farmers product it in great quantity. Strawberry has beneficial effect on health, especially on heart –and vascular system, and blood pressure. Its C vitamin content is higher than that of the lemon and orange.
Wheat is one of the most important agricultural products of our country. The climate is suitable. We can produce much more than our need, we sell a lot abroad. The time of sowing is October, the harvesting time is June and July. The whole producing process is mechanized.
Wheat is called „the king of the seeds” as it contains all the vital elements such as protein, minerals (ferrum, calcium, phosphor) and vitamins (B1, B2, B3). All these components are necessary for life. It provides the human body energy and strength.
The climate and the soil of the Hungarian fields are favorable for growing sunflowers as they prefer long, hot summer, loose, well-draining soil and rain regularly to flower well. Sowing time is spring in April when the danger of spring frost is past. When the flower head turns brown on the back, seeds are ready for harvest, usually in October.
Sunflower seeds are very high in oil content. Being a combination of fats with low saturated fat levels, sunflower seed oil is ideal for consumers and food manufacturers seeking a healthy and high performance non-transgenic vegetable oil, which contains more Vitamin E than any other vegetable oil.
Following the very strict laws of food production only GMO-free corn and maize can be grown in Hungary. The climate and the soil are suitable for it, although on dry summers sprinkling is essential, otherwise the harvest would be poor. The best time for sowing is late April, avoiding the spring frost. When the silk starts turning brown and the corn stalks are also dry it is the harvest time, late October.
Most of the crop is used to feed livestock, cows and poultry and about 40 percent is diverted for production of ethanol. Sweet corn is the type that people eat. Sweet corn is a high carbohydrate content vegetable, it contains multiple nutrients that can bring benefits to the body.
Watermelons need a long growing season and warm ground. To get a jumpstart, farmers cover the planting area with black plastic to warm up the soil and start seeds indoors before they are to be set out in the fields in early April. Sprinkling is seldom necessary unless the weather turns dry. Harvesting period is in July and August. Hungary products a huge amount of watermelon, high percentage of the crop is exported, mostly to Germany.
Watermelon is 92% water. High water content is one of the reasons that this fruit helps you feel full. The combination of water and fiber means you’re eating a good volume of food without a lot of calories. Watermelon contains compounds that may help prevent cancer, may improve heart health. All together watermelon is extremely healthy, a perfect summer food for everyone.
Apple trees need well-drained soil, nothing too wet. For best fruiting, an apple tree needs full sunlight, which means six or more hours of direct summer sun daily. Fields of northeast Hungary meet these requirements. An apple tree requires regular, moderate pruning, in good caring it yealds even for 40 years. Apples keep well for about six months at temperatures between 4-6 °C, so the harvest is stored in huge cold stores.
There are so many health benefits of eating apples it is hard to make a list. It helps to get whiter, healthier teeth, drinking apple juice can avoid Alzheimer’s, protect against Parkinson’s and curb all sorts of cancer. Having apple can also decrease the risk of diabetes, reduce cholesterol and helps to get a healthier heart.
GRAPE VINES

Grape vines produce sweet and versatile fruits. They are vigorous growers, and with the proper pruning, they will produce fruit with ease and can last longer than 30 years. There are countless estates, replanted and cultivated vineyards across in our country as result of long traditional winemaking culture mixed with a modern sensibility. With 22 wine regions growing hundreds of varietals, Hungary offers a multitude of great and famous wines.
Increasing consumption of grapes decreases the risk of obesity and overall mortality. Grapes also have some special components that make them even more essential to our health, giving them "super food" status. Although more research is needed, grapes have been associated with reducing the risk of the following conditions: cancer, heart disease, high blood pressure, allergies. Also immune function may be enhanced by red grapes.