

# GUIDE

OF THE BEST

# FRUITS

# AND VEGETABLES

Coordinated by:

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**Guide** of the best Fruits and Vegetables ■ **Guide** of the best Fruits and Vegetables ■





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# Prolog

Fruit and vegetables are the leading farming activity in Spain; they account for more than a third of agricultural output and over half of crop production.

Fruit and vegetable cropping is also one of the mainstays of employment in producing areas, sustaining more than half the direct jobs in agriculture.

Fruit and vegetables are grown everywhere in Spain, but are more predominant in some regions than in others, particularly due to climatic features that allow farmers to grow a wide spectrum of species and varieties. Highly diverse production calendars often constrain the destination of products, and determine whether they go to local markets or are exported abroad.

Spain is historically an exporter of fruit and vegetables, particularly of some species, like citrus fruit, 60% of which goes to export. One third of all Spanish fruit and vegetable output is sold abroad, the main destination being the EU.

The importance of the fruit and vegetable sector cannot be measured solely by its role in the country's economy, employment patterns and regions, however; fruit and vegetables are also highly beneficial for consumers' health.

A plethora of scientific research papers show that fruit and vegetables are key to human health and to the prevention of many diseases, owing to their content in vitamins, minerals and other compounds that the body needs to keep in good health.

In most cases, the body cannot produce these compounds for itself, and they must be provided by the diet. Hence fruit and vegetables are one of the four main food groups in a balanced and healthy daily diet.

All these reasons explain why the Ministry of Agriculture, Fisheries and Food takes a great interest in supporting fruit and vegetable production.





Josep  
**Puxeu Rocamora**

*General Secretary of the MAPA,  
Ministry of Agriculture of Spain*

To keep up quality and output, farmers must continue to strive to enhance quality and competitiveness, as they have done in recent years.

This Guide aims to provide useful information to consumers about the wealth of possibilities of Spanish fruit and vegetables. The Guide outlines the species and varieties available from each growing region, specifies their main features, discusses the various aspects of quality and provides information on their health and nutrition properties.

We present the main products grown in each Autonomous Community - sometimes classified by district, producer and growing season - and describe the major varieties.

The Guide also contains detailed information on the various quality marks, chiefly protected designations of origin and geographical indications and organic and integrated farming. These labels guarantee compliance with a range of production and storage protocols that assure high standards of quality, safety and respect for the environment.

Finally, the Guide sets out an in-depth analysis of the health benefits of fruit and vegetables, the importance of including fruit and vegetables in daily diets and nutrition, and the initiatives promoting fruit and vegetable consumption now in progress in many countries.

The Ministry of Agriculture, Fisheries and Food has therefore decided to support the dissemination of this Guide to the Best Fruit and Vegetables published by Ediciones de Horticultura, S.L. by translating the original text into English, in the hope that this Guide will be useful to consumers in the many countries where Spanish fruit and vegetables are available who wish to know more about Spanish fruit and vegetables.

