



SUOMI
FINLAND

SEASONAL FOOD

September 2020

ThisisFINLAND Social Media Campaign

SeasonalFood



DAY 1

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23. syyskuuta · 🌐

Slow food is ingrained in the Finnish way of life.

This means that Finns celebrate food throughout the seasons, from the arrival of the first new potatoes in early June to crayfish parties in August – at a slower pace.

#SeasonalFood

<https://bit.ly/2FxYOTf>



Slow Food Finland — VisitFinland.com
Long before the rise of the global Slow Food ...



Slow Food Finland — Vi
Long before the rise of the c



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Slow Food Finland — VisitFinland.com
Long before the rise of the global Slow Food Movement in the 80s, Finns were promoting the importance of ...
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DAY 2

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Going out to the woods to collect mushrooms and berries is a natural pastime in Finland – some might even call it a sport.

Have you ever tried picking your own berries and mushrooms?

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<https://bit.ly/3iAb7wA>



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Finding the fruits of the Finnish forest - thisisFINLAND

Going out to the woods to collect mushrooms and berries is a natu...



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DAY 3

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25. syyskuuta · 🌐

Ice fishing is a state of mind.

During the cold winter, many Finns try their luck at fishing through a hole cut in the lake or sea ice. An ice fishing session can almost serve as a sort of meditation.

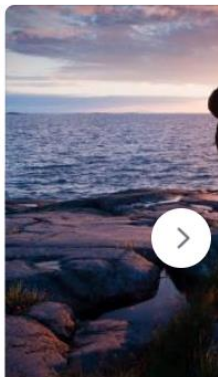
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<https://bit.ly/32vK7ZB>



Ice Fishing - Finnish Meditation — VisitFinland.com

The basics of ice-fishing are very simple. All yo...



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The basics of ice-fishing are



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Ice Fishing - Finnish Meditation — VisitFinland.com
The basics of ice-fishing are very simple. All you need is a lake - or the sea - that is frozen. Catching fish is a bonu...
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DAY 4

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26. syyskuuta · 🌐

In Finland, coffee is always in season.

Finns have always sipped a lot of coffee, and cafés continue to be popular. Many serve baked goods that go with the season.

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<https://bit.ly/3c3Gj4X>



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