

Tomatoes, the leading vegetable

Strawberries are the most popular fruit in Poland

According to a survey of the National Association of Fruit and Vegetable Producer Groups, in 2019, the favorite fruits of Poles (based on consumption) were strawberries (32%) and apples (30%). The next places in the ranking correspond to raspberries (10%), cherries (10%), plums (8%), pears (7%), bananas (6%) and blueberries (5%). The people surveyed also mentioned grapes, currants, peaches, kiwifruit, pineapples, berries, grapefruit, kakis, melons, chokeberry, mangoes, gooseberry and avocados. Every fourth (24%) Pole admitted to eagerly eating all kinds of fruit, while just 4% said they ate none.

As for vegetables, the survey revealed that tomatoes were the most-eaten vegetable (34%). Other often consumed vegetables are cucumbers (21%), potatoes (13%) and carrots (11%). Also noteworthy are the positions of lettuce (9%), cauliflower (8%), peppers (8%), cabbage (6%), broccoli (6%) and onions (4%). The respondents also mentioned beetroot, radish, zucchini, leek, beans, celery, mushrooms, pumpkin, garlic, parsley, peas, chives, kohlrabi, asparagus and broad beans. 28% of respondents said that they willingly ate all kinds of vegetables, while 4% confessed to eating none.

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