

Picking Your Own Fruits and Vegetables



There is something primitively therapeutic about having your hands in the soil, planting, and gardening, followed by harvesting and eating the benefits of your months of hard work. However, with the hectic pace of our modern lives, few of us have the time or even the access to a garden or grove to grow our own food. Fortunately, numerous farms in Switzerland have recognized the pleasure of spending time in the great outdoors and the importance for children to understand where our food comes from while getting in touch with nature. As you drive into the outskirts of the city, you will see signs from spring until fall inviting you to self-pick (“selber pflücken”) your own produce. Particularly during strawberry season, you may see additional roadside signs advertising “Erdbeeren zum Selberpflücken” (pick your own strawberries). Locally, you can pick strawberries, red currants (“rote Johannisbeeren”), raspberries, blackberries, apples, plums, and a variety of vegetables. You can bring your own containers or get boxes at the picking sites. This is a great way to get fresh and inexpensive products while supporting the farmers in the region. If you see signs for “Blumen zum Selberpflücken,” this is an invitation to cut your own flowers from their fields and leave the correct amount in a cashbox upon exit.

For a wider range of produce, self-picking places all over Switzerland provide families with the wonderful experience of physically harvesting berries, fruits, and vegetables throughout the harvest season. Starting with the local delicacy of the white, green, or purple asparagus in mid-April; cherries and berries in May/June; to the prized Swiss apricots, plums, apples, and other fruits and vegetables in the summer and fall, self-picking



places across the country offer a wide variety of products. For a complete directory of all farms that invite the public to self-pick produce, flowers, and even Christmas trees, visit the website for “Selber pflücken auf Schweizer Bauernhöfen” (self-picking on Swiss farms), www.selberpfluecken.ch. You can enlarge the map to easily find farms in your desired region, or you can filter by product (eg, strawberries) or by production method (eg, only organic products) and then click on the corresponding links.

The table below highlights a few of the self-picking farms close to Basel, as well as those a little further afield that offer a wide variety of self-picking products. While harvest times vary somewhat based on the year and region, the typical harvest times in the region are as follows: asparagus—early April to June; strawberries—late May/early June; red and black currants—mid-June to end of July; blueberries—end of June to September; cherries—end of June to end of July; raspberries—July to September; blackberries—July to September; vegetables such as tomatoes, eggplants, beans, peas, zucchini, corn, and peppers—July to September; plums—late August to early October; and apples and squash—early September to early November.

Farm Website	Address (Distance from Basel by Car)	Produce
Lörzbachtaler Erdbeeren www.lama-erlebnis.ch	Lörzbachmühleweg 5b, Allschwil, BL (6 km or 15 min)	Strawberries 
Brändelista-Hof www.mathis-hof.ch	Dubackerweg, Bottmingen, BL (6 km or 15 min)	Flowers, pumpkins and squash, Christmas trees  
Wiesner Beeriland www.beeriland.ch	Mittleri Rüti 5, Bottmingen, BL (6 km or 15 min)	Strawberries, red currants, blackberries, raspberries
Familie Haumüller www.selberernten.ch	Wölferstrasse 40, Füllinsdorf, BL (18 km or 23 min)	Asparagus, strawberries, red currants, blueberries, raspberries, blackberries, tomatoes, eggplants, beans, zucchini, bell peppers, hot peppers
Beerenhof in Wölflinswil www.beerenhof.ch	Oberdorf 8, Wölflinswil, AG (50 km or 40 min)	Strawberries, peas, beans, sweet corn
Family Grob www.fruechte-selberpfluecken.ch	Froburgstrasse 55, Winznau, SO (50 km or 50 min)	Cherries, “Zwetschgen” (plums), apples
Buurelade Biberist www.buurelade-biberist.ch	Fiderholzstrasse 7, Biberist, SO (70 km or 60 min)	Cherries, raspberries, beans
Selbstpflückparadies www.selbstpflueckparadies.ch	Steingasse 12, Höchstetten, BE (75 km or 60 min)	Strawberries, raspberries, apples, pears
Bio Tannenhof www.bio-tannenhof.ch	Rankstrasse 90, Kloten, ZH (95 km or 75 min)	Strawberries, blueberries, raspberries, blackberries, red and black currants, vegetables and beans, “Zwetschgen” (plums), apples, sweet corn
Juckerfarm www.juckerfarm.ch	Dorfstrasse 23, Seegräben, ZH (110 km or 85 min)	Cherries, blueberries, squash, pumpkins