

## The long road to fruit salad

### A history of fruit growing and tropical fruits

Domestic fruit played an important role in self-sufficiency. Depending on the season, the nutritious fruits were either processed fresh or preserved for a limited period of time by sugaring and canning. From the second half of the 19th century onwards, fruit-growing areas with new, high-yielding varieties emerged around many cities. Understanding of the importance of fruit as a nutritional source grew steadily after 1913, when scientists discovered more and more vitamins. Improved transport and preservation methods further stabilised fruit cultivation.

After the Second World War, the increasing availability of tropical fruits led to a 'breakthrough': bananas and pineapples, which had been luxury items around 1900, became increasingly commonplace on West German shopping lists.