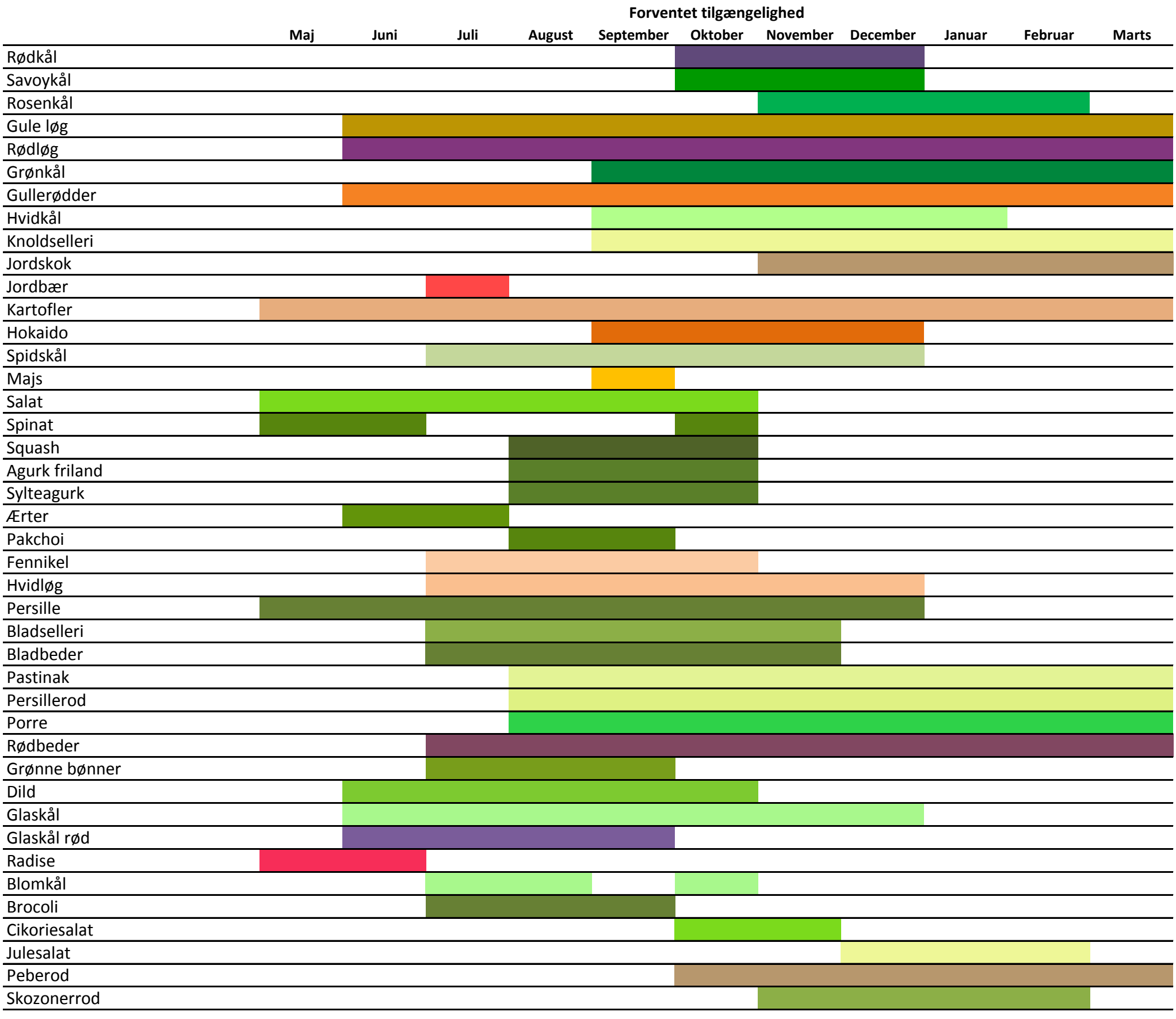Planlagte grøntsager