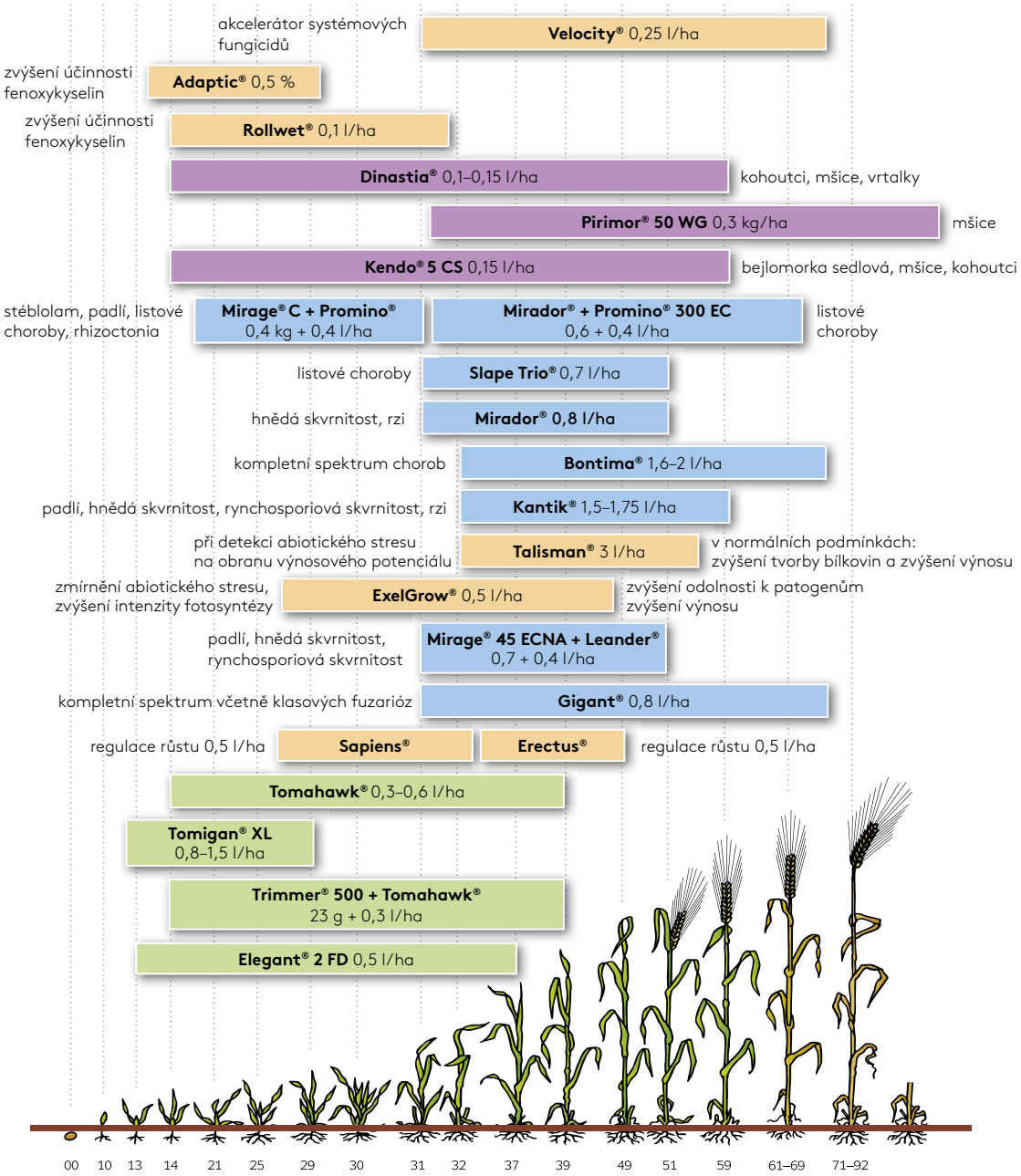Jarní ječmen