

CALENDRIER DES FRUITS & LÉGUMES DE SAISON

AUTOMNE



LEGUMES - Poireaux, carottes, chou fleur, brocoli, chou rave, chou vert, chou chinois, chou blanc, chou rouge, chou de Bruxelles, betterave, bette, radis, navet, épinard, céleri branche, céleri rave, chicorée, chicon, fenouil, courgette, potiron, salade, mâche, claytone de cuba, panais, salsifi, topinambour, champignons, cerfeuil

FRUITS - Fraise, framboise, noix noisettes, pomme, poire, raisin, melon

HIVER



LEGUMES - Poireaux, chou vert, chou de Bruxelles, mâche, claytone de cuba, panais, salsifi, topinambour, champignons, navet

FRUITS - Noix, noisettes, pommes, poires



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PRINTEMPS



LEGUMES - Jeunes oignons, chou fleur, radis, épinards, asperges, salade, cerfeuil
 FRUITS - Rhubarbe, fraises framboises

ETE



LEGUMES - Poireaux, (jeunes) oignons, échalotes, carottes, chou fleur, brocoli, chou rave, chou vert, chou chinois, chou blanc, chou rouge, betterave, bette, radis, navet, tétragone, céleri branche, céleri rave, chicorée, fenouil, courgette, potiron, concombre, tomate, poivron, aubergine, salade, haricots, petits pois
 FRUITS - Groseille, cassis, prune, fraise, myrtille, mûre, cerise, pomme poire, melon

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