

GROENTEN- EN FRUITKALENDER PER SEIZOEN

HERFST



GROENTEN - Prei, wortel, bloemkool, broccoli, koolraap, savooikool, Chinese kool, wittekool, rodekool, spruiten, biet, snijbiet, radijs, raap, spinazie, bleekselderie, knolselderie, andijvie, witlof, venkel, courgette, pompoen, sla, veldsla, winterpostelein, pastinaak, schorseneer, aardpeer, kervel
FRUIT - Aardbei, framboos, okkernoot, hazelnoot, appel, peer, druif, meloen

WINTER



GROENTEN - Prei, savooikool, spruiten, veldsla, winterpostelein, pastinaak, schorseneer, aardpeer, champignon, raap
FRUIT - Okkernoot, hazelnoot, appel, peer



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OBESITY THROUGH
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LENTE



GROENTEN - Jonge ui, bloemkool, radijs, spinazie, asperge, sla, kervel
 FRUIT - Rabarber, aardbei, framboos

ZOMER



GROENTEN - Prei, (jonge) ui, sjalot, wortel, bloemkool, broccoli, koolraap, savooikool, Chinese kool, witte kool, rode kool, biet, snijbiet, radijs, raap, zomerspinazie, bleekselderie, knolselderie, andijvie, venkel, courgette, pompoen, komkommer, tomaat, paprika, aubergine, sla, bonen, erwten
 FRUIT - Rode bes, zwarte bes, pruim, aardbei, bosbes, braambes, kers, appel, peer, meloen



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