

# CALENDRIER DES FRUITS & LÉGUMES DE SAISON

AUTOMNE



**LÉGUMES** - Artichaut, betterave, brocoli, carotte, céleri, cerfeuil, champignons, châtaigne, chou-fleur, chou, courgette, endive, épinard, fenouil, mâche, navet, poireau, poivron, potiron, radis, salade, tomate

**FRUITS** - Avocat, banane, citron, coing, melon, noisette, noix, poire, pomme, raisin

HIVER



**LÉGUMES** - Carotte, champignons, chou de Bruxelles, chou vert, endive, mâche, navet, poireau, radis, rutabaga, salsif

**FRUITS** - Banane, citron, clémentine, fruit de la passion, kiwi, noisette, orange, poire, pomme



FIGHTING  
OBESITY THROUGH  
OFFER AND  
DEMAND

[WWW.FOOD-PROGRAMME.EU](http://WWW.FOOD-PROGRAMME.EU)



This calendar arises from the project FOOD which has received funding from the European Union, in the framework of the Public Health Programme. The European Commission is not responsible for any use that may be made of the information contained therein. The sole responsibility lies with the author.

# CALENDRIER DES FRUITS & LÉGUMES DE SAISON

PRINTEMPS



**LÉGUMES** - Asperge, carotte, cerfeuil, chou fleur, concombre, courgette, épinard, navet, oignon, petits pois, radis, salade, tomate  
**FRUITS** - Abricot, ananas, banane, cerise, citron, fraise, framboise, rhubarbe

ÉTÉ



**LÉGUMES** - Artichaut, aubergine, betterave, brocoli, carotte, chou-fleur, chou, concombre, courgette, échalote, fenouil, haricot vert, oignon, petits pois, poivron, radis, salade, tomate  
**FRUITS** - Abricot, banane, cassis, citron, fraise, framboise, groseille, melon, mûre, myrtille, noisette, pastèque, pêche, poire, pomme, prune



FIGHTING  
OBESITY THROUGH  
OFFER AND  
DEMAND

[WWW.FOOD-PROGRAMME.EU](http://WWW.FOOD-PROGRAMME.EU)



This calendar arises from the project FOOD which has received funding from the European Union, in the framework of the Public Health Programme. The European Commission is not responsible for any use that may be made of the information contained therein. The sole responsibility lies with the author.

# CALENDRIER DES FRUITS & LÉGUMES DE SAISON

PRINTEMPS



**LÉGUMES** - Asperge, carotte, cerfeuil, chou fleur, concombre, courgette, épinard, navet, oignon, petits pois, radis, salade, tomate  
**FRUITS** - Abricot, ananas, banane, cerise, citron, fraise, framboise, rhubarbe

ÉTÉ



**LÉGUMES** - Artichaut, aubergine, betterave, brocoli, carotte, chou-fleur, chou, concombre, courgette, échalote, fenouil, haricot vert, oignon, petits pois, poivron, radis, salade, tomate  
**FRUITS** - Abricot, banane, cassis, citron, fraise, framboise, groseille, melon, mûre, myrtille, noisette, pastèque, pêche, poire, pomme, prune

[WWW.FOOD-PROGRAMME.EU](http://WWW.FOOD-PROGRAMME.EU)



FIGHTING  
OBESITY THROUGH  
OFFER AND  
DEMAND



This calendar arises from the project FOOD which has received funding from the European Union, in the framework of the Public Health Programme. The European Commission is not responsible for any use that may be made of the information contained therein. The sole responsibility lies with the author.

# CALENDRIER DES FRUITS & LÉGUMES DE SAISON

AUTOMNE



**LÉGUMES** - Artichaut, betterave, brocoli, carotte, céleri, cerfeuil, champignons, châtaigne, chou-fleur, chou, courgette, endive, épinard, fenouil, mâche, navet, poireau, poivron, potiron, radis, salade, tomate  
**FRUITS** - Avocat, banane, citron, coing, melon, noisette, noix, poire, pomme, raisin

HIVER



**LÉGUMES** - Carotte, champignons, chou de Bruxelles, chou vert, endive, mâche, navet, poireau, radis, rutabaga, salsifi  
**FRUITS** - Banane, citron, clémentine, fruit de la passion, kiwi, noisette, orange, poire, pomme

[WWW.FOOD-PROGRAMME.EU](http://WWW.FOOD-PROGRAMME.EU)



FIGHTING  
OBESITY THROUGH  
OFFER AND  
DEMAND



This calendar arises from the project FOOD which has received funding from the European Union, in the framework of the Public Health Programme. The European Commission is not responsible for any use that may be made of the information contained therein. The sole responsibility lies with the author.