CALENDARIO DELLA FRUTTA E DELLE VERDURE DI STAGIONE

AUTUNNO

VERDURE - Bietole, broccoli, carote, cavolfiori, cavoli, cetrioli, cipolle, finocchio, funghi, insalate, melanzane, peperoni, pomodori, porro, rapa, ravanelli, sedano, spinaci, zucca, zucchine

FRUTTA - Avocado, banana, arance, cachi, clementine, limoni, mele, mele cotogne, meloni, pere, uva

INVERNO

VERDURE - Bietole, carciofi, carote, cavoletti di Bruxelles, cavolfiori, cavoli, finocchio, funghi, insalate, porro, rapa, ravanelli, spinaci, zucca

FRUTTA - Arance, banana, clementine, frutto della passione, kiwi, limoni, mandarini, mele, pere, pompelmi

FOOD
Per un equilibrio quotidiano

FIGHTING
OBESITY THROUGH
OFFER AND
DEMAND

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PRIMAVERA

VERDURE - Asparagi, bietole, carote, cavolfiori, cetrioli, cipolle, fagioli, funghi, insalate, melanzane, peperoni, piselli, pomodori, ravanelli, sedano, spinaci, zucchine

FRUTTA - Albicocche, banana, ciliegie, fragole, kiwi, lamponi, limoni, mele, meloni, nespole, pere, pompelmi

ESTATE

VERDURE - Bietole, broccoli, carote, cavolfiori, cavoli, cetrioli, cipolle, fagioli, finocchio, funghi, insalate, melanzane, peperoni, pomodori, ravanelli, sedano, zucchine

FRUTTA - Albicocche, anguria, avocado, banana, ciliegie, fichi, lamponi, limoni, mele, meloni, mirtilli, more, pere, pesche, prugne, ribes, susine

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