

SEASONAL FRUIT AND VEGETABLE CALENDAR

FALL



- VEGETABLES** - Artichoke, beet, broccoli, cabbage, carrot, cauliflower, celery, chervil, chestnut, chicory, corn salad, courgette, fennel, leek, mushrooms, pepper, pumpkin, radish, salad, spinach, turnip.
- FRUITS** - Apple, avocado, banana, grape, hazelnuts, lemon, melon, nuts, pear, quince.

WINTER



- VEGETABLES** - Brussels sprout, carrot, chicory, corn salad, green cabbage, leek, mushrooms, radish, salsify, swede, turnip.
- FRUITS** - Apple, banana, clementine, hazelnuts, kiwi, lemon, orange, passion fruit, pear.



**FIGHTING
OBESITY THROUGH
OFFER AND
DEMAND**

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SPRING



VEGETABLES - Asparagus, carrot, cauliflower, chervil, courgette, cucumber, onion, peas, radish, salad, spinach, tomato, turnip.
FRUITS - Apricot, banana, cherry, lemon, raspberry, rhubarb, strawberry.

SUMMER



VEGETABLES - Artichoke, aubergine, beans, beet, broccoli, cabbage, carrot, cauliflower, courgette, cucumber, fennel, onion, peas, pepper, radish, salad, shallot, tomato.
FRUITS - Apple, apricot, avocado, banana, black currant, blackberry, blueberry, hazelnuts, lemon, melon, peach, pear, plum, raspberry, red currant, strawberry, watermelon.



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