























































































































































































































































































FRUITS ET LEGUMES DE SAISON

Légumes	Jan.	Fév.	Mars	Avril	Mai	Juin	Juil.	Août	Sept.	Oct.	Nov.	Déc.
Artichauts												
Asperges												
Aubergines												
Betteraves												
Brocolis												
Carottes												
Céleris												
Choux												
Choux-fleurs												
Choux de Bruxelles												
Concombre												
Côtes de Blettes												
Courges												
Courgettes												
Endives												
Epinards												
Fenouils												
Haricots												
Laitues												
Maïs												
Navets												
Oignons												
Poireaux												
Petits pois												
Poivrons												
Pommes de Terre												
Radis												
Salades												
Tomates												



= périodes de récolte et de consommation

Fruits	Jan.	Fév.	Mars	Avril	Mai	Juin	Juil.	Août	Sept.	Oct.	Nov.	Déc.
Abricots												
Cassis												
Cerises												
Coings												
Fraises												
Framboises												
Groseilles												
Kiwis												
Mandarines												
Melons												
Mirabelles												
Mûres												
Myrtilles												
Nectarines												
Oranges												
Pêches												
Poires												
Pommes												
Prunes												
Pruneaux												
Raisins												
Rhubarbes												



= périodes de récolte et de consommation

Sources : Association Conso Durable