

FRUITS ET LEGUMES DE SAISON

| Légumes | Jan. | Fév. | Mars | Avril | Mai | Juin | Juil. | Août | Sept. | Oct. | Nov. | Déc. |
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| 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

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| Abricots | | | | | | |  |  | | | | |
| Cassis | | | | | |  |  |  | | | | |
| Cerises | | | | | |  |  |  | | | | |
| Coings | | | | | | | | | |  |  | |
| Fraises | | | | | |  |  |  | | | | |
| Framboises | | | | | |  |  |  |  |  | | |
| Groseilles | | | | | | |  |  | | | | |
| Kiwis |  |  |  | | | | | | | | | |
| Mandarines |  |  | | | | | | | | |  |  |
| Melons | | | | | |  |  |  | | | | |
| Mirabelles | | | | | | |  |  |  | | | |
| Mûres | | | |  |  |  |  |  |  |  | | |
| Myrtilles | | | | | | |  |  |  |  | | |
| Nectarines | | | | | | |  |  | | | | |
| Oranges |  |  |  |  | | | | | | |  |  |
| Pêches | | | | | | |  |  |  | | | |
| Poires |  |  |  | | | |  |  |  |  |  |  |
| Pommes |  |  |  | | |  |  |  |  |  |  |  |
| Prunes | | | | | | | |  |  | | | |
| Pruneaux | | | | | | | |  |  | | | |
| Raisins | | | | | | | | |  |  | | |
| Rhubarbes | | | |  |  | | | | | | | |



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Sources : Association Conso Durable (<http://consodurable.org>)