AiL MA COCOTTE!

Calendrier des saisons des fruits et légumes

	Jan	Fév	Mars	Avr	Mai	Juin	Juil	Août	Sept	Oct	Nov	Déc
Abricot						●	●	●				
Ail								●	●	●	●	●
Ananas	●	●	●	●						●	●	●
Artichaut			●	●	●	●	●	●	●			
Asperge				●	●	●						
Aubergine						●	●	●	●			
Avocat	●	●	●	●						●	●	●
Banane	●	●	●	●	●	●	●	●	●	●	●	●
Betterave	●	●	●							●	●	●
Blette						●	●	●	●	●	●	
Brocoli							●	●	●	●	●	●
Carotte	●	●	●					●	●	●	●	●
Céleri	●						●	●	●	●	●	●
Cerise						●						
Champignon	●	●	●	●	●	●			●	●	●	●
Choux de Bruxelles	●	●	●						●	●	●	●
Chou-fleur	●	●	●	●					●	●	●	●
	Jan	Fév	Mars	Avr	Mai	Juin	Juil	Août	Sept	Oct	Nov	Déc
Chou kale	●	●	●							●	●	●
Chou pommé	●	●	●	●						●	●	●
Citron		●	●	●	●	●	●	●	●		●	●
Clémentine / Mandarine	●										●	●
Concombre				●	●	●	●	●	●	●		
Courges	●									●	●	●
Courgette					●	●	●	●	●			
Endive	●	●	●	●						●	●	●
Épinard	●	●	●	●	●	●			●	●	●	●
Fenouil					●	●	●	●	●	●	●	●
Fève					●	●						
Figue							●	●	●	●		
Fraise				●	●	●						
Framboise							●	●	●			
Fruit de la passion	●	●	●	●	●	●	●	●	●	●	●	●
Grenade	●	●									●	●
Haricots verts							●	●	●			

	Jan	Fév	Mars	Avr	Mai	Juin	Juil	Août	Sept	Oct	Nov	Déc
Herbes aromatiques				●	●	●	●	●	●	●		
Kaki	●									●	●	●
Kiwi	●	●	●	●	●						●	●
Laitue					●	●	●	●	●			
Litchi	●										●	●
Mâche	●	●	●	●						●	●	●
Mangue				●	●	●	●					●
Melon						●	●	●	●			
Mûre							●	●	●			
Myrtille							●	●	●			
Navet	●	●	●	●	●					●	●	●
Noix de coco	●	●									●	●
Oignon	●	●	●	●					●	●	●	●
Orange	●	●	●	●							●	●
Panais	●	●								●	●	●
Papaye										●	●	●
Patate douce	●	●	●	●	●	●	●	●	●	●	●	●
	Jan	Fév	Mars	Avr	Mai	Juin	Juil	Août	Sept	Oct	Nov	Déc
Pastèque						●	●	●				
Pêche / Nectarine						●	●	●				
Petit pois					●	●						
Poire	●	●	●	●				●	●	●	●	●
Poireau	●	●	●	●					●	●	●	●
Pois gourmands	●	●	●	●	●	●	●	●	●	●	●	●
Poivron						●	●	●	●			
Pomelo	●	●	●	●	●							
Pomme	●	●	●	●	●				●	●	●	●
Pomme de terre	●	●	●						●	●	●	●
Prune							●	●	●			
Radis			●	●	●	●						
Radis noir	●	●										●
Raisin							●	●	●	●		
Rhubarbe				●	●	●	●					
Tomate					●	●	●	●	●			
Topinambour	●	●	●	●							●	●