



Saisonnalité des légumes

PRODUITS	Janv.	Fév.	Mars	Avril	Mai	Juin	Juil.	Août	Sept.	Oct.	Nov.	Déc.
 Ail	●	●	●	●	●	●	●	●	●	●	●	●
 Artichaut	●	●	●	●	●	●	●					●
 Asperge			●	●	●	●						
 Aubergine					●	●	●	●	●	●		
 Betterave	●	●			●	●	●	●	●	●		
 Brocoli	●	●	●	●	●	●	●	●	●	●	●	●
 Butternut								●	●	●	●	●
 Cardons frais	●										●	●
 Carotte	●	●	●	●	●	●	●	●	●	●	●	●
 Céleri	●	●	●	●		●	●	●	●	●	●	●
 Champignon de Paris	●	●	●	●	●	●	●	●	●	●	●	●
 Chanterelle, Forestiers					●	●	●	●	●	●	●	
 Choux	●	●	●							●	●	●
 Concombre			●	●	●	●	●	●	●	●	●	
 Côte de bette					●	●	●	●	●	●		
 Courge	●							●	●	●	●	●
 Courgette						●	●	●	●	●	●	
 Crosne	●	●									●	●
 Échalote	●	●	●	●	●	●	●	●	●	●	●	●
 Endive	●	●						●	●	●	●	●
 Épinard					●	●	●	●	●	●		
 Fenouil					●	●	●	●	●	●		
 Frisée, Scarole	●	●	●								●	●
 Gingembre	●	●	●	●	●	●	●	●	●	●	●	●
 Haricot					●	●	●	●	●	●		
 Herbes aromatiques*	●	●	●	●	●	●	●	●	●	●	●	●
 Morille		●	●	●								
 Mâche	●	●									●	●
 Navet	●	●	●							●	●	●
 Oignon	●	●	●					●	●	●	●	●
 Panais	●	●	●							●	●	●
 Patate douce	●	●	●	●	●	●	●	●	●	●	●	●
 Petit pois			●	●	●							
 Piment	●	●	●	●	●	●	●	●	●	●	●	●
 Poireau	●	●	●							●	●	●
 Pois gourmand					●	●	●	●	●	●		
 Poivron				●	●	●	●	●	●	●		
 Pomme de terre	●	●	●	●					●	●	●	●
 Potimarron	●								●	●	●	●
 Radis			●	●	●	●			●	●		
 Radis noir		●				●	●	●	●	●		
 Roquette					●	●	●	●	●	●		
 Rutabaga	●	●	●							●	●	●
 Salade feuilles chêne...				●	●	●	●	●	●	●	●	●
 Salsifi	●	●	●						●	●	●	●
 Tomate					●	●	●	●	●	●		
Topinambour	●	●			●	●	●	●	●	●		

*Aneth, cerfeuil, ciboulette, citronnelle, coriandre, estragon, laurier, marjolaine, menthe, oseille, persil, romarin, sarriette/origan, sauge, thym, thym citron, basilic...