

# Calendrier des saisons

Légumes	JAN	FÉV	MAR	AVR	MAI	JUN	JUL	AUG	SEP	OCT	NOV	DÉZ
Ail	●	●	●	●			●	●	●	●	●	●
Artichaut							●	●	●	●		
Asperge				●	●	●						
Aubergine				●	●	●	●	●	●	●		
Betterave	●	●	●	●	●	●	●	●	●	●	●	●
Brocoli					●	●	●	●	●	●	●	
Cardon										●	●	
Carotte	●	●	●	●	●	●	●	●	●	●	●	●
Catalogne					●	●	●	●	●	●		
Chicorée					●	●	●	●	●	●	●	
Chicorée pain de sucre	●	●	●			●	●	●	●	●	●	●
Chou blanc	●	●	●	●	●	●	●	●	●	●	●	●
Chou de Bruxelles	●	●							●	●	●	●
Chou de chine	●	●	●		●	●	●	●	●	●	●	●
Chou frisé	●	●	●	●	●	●	●	●	●	●	●	●
Chou palmier	●	●	●								●	●
Chou plume	●	●	●								●	●
Chou pointu	●	●	●	●					●	●	●	●
Chou rouge	●	●	●	●	●	●	●	●	●	●	●	●
Chou-fleur					●	●	●	●	●	●	●	
Chou-navet	●	●	●	●			●	●	●	●	●	●
Chou-pomme				●	●	●	●	●	●	●	●	
Cicorino rosso	●	●				●	●	●	●	●	●	●
Concombre				●	●	●	●	●	●	●		
Courge	●	●						●	●	●	●	●
Courgette					●	●	●	●	●	●		
Céleri-branche					●	●	●	●	●	●	●	●
Céleri-pomme	●	●	●	●	●	●	●	●	●	●	●	●
Côte de bette			●	●	●	●	●	●	●	●	●	
Echalote	●	●	●	●	●		●	●	●	●	●	●
Endive	●	●	●	●	●	●	●	●	●	●	●	●
Épinard			●	●	●	●	●	●	●	●	●	
Fenouil					●	●	●	●	●	●	●	
Feuille de chène			●	●	●	●	●	●	●	●	●	●
Flower sprout	●	●	●								●	●

Légumes	JAN	FÉV	MAR	AVR	MAI	JUN	JUL	AUG	SEP	OCT	NOV	DÉZ
Grand radis			●	●	●	●	●	●	●	●	●	●
Haricots						●	●	●	●	●		
Laitue batavia			●	●	●	●	●	●	●	●	●	
Laitue iceberg				●	●	●	●	●	●	●		
Laitue pommée		●	●	●	●	●	●	●	●	●	●	●
Laitue romaine					●	●	●	●	●	●		
Lentilles	●	●	●	●	●	●	●	●	●	●	●	●
Lollo				●	●	●	●	●	●	●	●	
Lupin	●	●	●	●	●	●	●	●	●	●	●	●
Maïs doux								●	●	●	●	
Melon						●	●	●	●			
Navet					●	●	●					
Oignon	●	●	●	●	●	●	●	●	●	●	●	●
Pak-choi				●	●	●	●	●	●	●	●	
Panais	●	●	●				●	●	●	●	●	●
Patates douces	●	●	●	●	●	●	●	●	●	●	●	●
Petits pois						●	●					
Petits radis	●	●	●	●	●	●	●	●	●	●	●	●
Poireau	●	●	●	●	●	●	●	●	●	●	●	●
Pois chiches	●	●	●	●	●	●	●	●	●	●	●	●
Pois mange-tout						●	●	●	●			
Poivron						●	●	●	●	●		
Pomme de terre	●	●	●	●	●	●	●	●	●	●	●	●
Pâtisson							●	●	●			
Quinoa	●	●	●	●	●	●	●	●	●	●	●	●
Racine de persil	●	●								●	●	●
Rampon	●	●	●	●	●	●	●	●	●	●	●	●
Rave d'automne									●	●	●	●
Rhubarbe				●	●	●						
Romanesco					●	●	●	●	●	●	●	
Roquette			●	●	●	●	●	●	●	●	●	
Scorsonère	●	●	●	●	●					●	●	●
Soja	●	●	●	●	●	●	●	●	●	●	●	●
Tomate				●	●	●	●	●	●	●	●	
Topinambur	●	●	●								●	●

● Période de récolte

◐ Disponible au magasin

# Calendrier des saisons

## Fruits

	JAN	FÉV	MAR	AVR	MAI	JUN	JUL	AUG	SEP	OCT	NOV	DÉC
Abricot						●	●	●	●			
Airelles						●	●	●	●	●		
Baies d'aronia								●	●	●		
Baies de goji								●	●			
Cerise						●	●	●				
Coing									●	●	●	
Figues								●	●			
Fraises					●	●	●	●	●			
Framboises						●	●	●	●			
Grappe de raisin								●	●	●		
Groseilles à maquereau						●	●	●	●			
Kiwi	●	●	●	●						●	●	●
Min-kiwi									●	●		
Mirabelle								●	●			
Myrtilles							●	●	●			
Mûres						●	●	●	●			
Nectarine							●	●				
Poire	●	●	●	●	●			●	●	●	●	●
Pomme	●	●	●	●	●	●	●	●	●	●	●	●
Pruneau							●	●	●			
Pêche							●	●				
Raisinets						●	●	●				

## Herbes

	JAN	FÉV	MAR	AVR	MAI	JUN	JUL	AUG	SEP	OCT	NOV	DÉC
Ail des ours			●	●								
Aneth	●	●	●	●	●	●	●	●	●	●	●	●
Basilic	●	●	●	●	●	●	●	●	●	●	●	●
Camomille	●	●	●	●	●	●	●	●	●	●	●	●
Ciboulette	●	●	●	●	●	●	●	●	●	●	●	●
Coriandre	●	●	●	●	●	●	●	●	●	●	●	●
Cresson			●	●	●	●	●	●	●			
Cynorhodon	●	●	●	●	●	●	●	●	●	●	●	●
Estragon	●	●	●	●	●	●	●	●	●	●	●	●
Livèche	●	●	●	●	●	●	●	●	●	●	●	●
Marjolaine	●	●	●	●	●	●	●	●	●	●	●	●
Menthe poivrée	●	●	●	●	●	●	●	●	●	●	●	●
Mélisse	●	●	●	●	●	●	●	●	●	●	●	●
Origan	●	●	●	●	●	●	●	●	●	●	●	●
Persil				●	●	●	●	●	●	●	●	
Pourpier	●	●	●	●	●	●	●	●	●	●	●	●
Romarin	●	●	●	●	●	●	●	●	●	●	●	●
Safran	●	●	●	●	●	●	●	●	●	●	●	●
Sauge	●	●	●	●	●	●	●	●	●	●	●	●
Sureau	●	●	●	●	●	●	●	●	●	●	●	●

● Période de récolte ● Disponible au magasin

## Légumes, fruits, etc. près de chez vous

Les denrées fraîchement récoltées achetées directement au magasin de ferme sont les meilleures. Acheter à la ferme permet aussi d'éviter les longs transports et de préserver l'environnement. Sur place, votre producteur ou productrice vous renseignera volontiers sur l'origine et la fabrication de vos aliments. Le saviez-vous ? Certaines familles paysannes proposent bien plus qu'une simple expérience d'achat. Faites une excursion avec votre famille et visitez une ferme avec un zoo pour enfants, par exemple.

