

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 chinois	●	●	●		●	●	●	●	●	●	●	●
Chou de Bruxelles	●	●					●	●	●	●	●	●
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	●	●	●	●	●	●	●	●	●	●	●	●
Epinard				●	●	●	●	●	●	●		
Fenouil				●	●	●	●	●	●	●		
Feuille de chêne				●	●	●	●	●	●	●		
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					●	●	●	●	●	●	●	●
Panaïs	●	●	●				●	●	●	●	●	●
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					●	●	●	●	●	●	●	●
Scorsonière	●	●	●	●	●	●				●	●	●
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	DÉZ
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

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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.

