

# Calendrier de saisonnalité

## Fruits & Légumes Bio des Pays de la Loire

	J	F	M	A	M	J	J	A	S	O	N	D
Ail frais					●	●	●					
Ail sec	●	●				●	●	●	●	●	●	●
Aillet				●	●	●						
Artichaut				●	●	●			●	●		
Asperge violette				●	●							
Asperge verte				●	●							
Aubergine						●	●	●	●	●	●	●
Basilic						●	●					
Betterave botte						●	●	●	●			
Betterave	●	●	●	●	●	●	●	●	●	●	●	●
Blette	●	●	●	●	●	●	●	●	●	●	●	●
Carotte botte				●	●	●	●	●	●	●	●	●
Carotte lavée	●	●	●				●	●	●	●	●	●
Carotte sable	●	●	●	●			●	●	●	●	●	●
Carotte terre	●	●	●	●			●	●	●	●	●	●
Carotte couleur	●	●	●	●			●	●	●	●	●	●
Cassis								●				
Céleri branche	●	●	●	●	●	●	●	●	●	●	●	●
Céleri rave	●	●	●	●	●	●	●	●	●	●	●	●
Chou chinois	●	●	●			●	●	●	●	●	●	●
Chou fleur	●	●	●	●		●	●	●	●	●	●	●
Chou frisé	●	●	●	●			●	●	●	●	●	●
Chou pak choï	●	●	●									
Chou pointu				●	●	●	●	●	●	●	●	●
Chou rave					●	●	●	●	●	●	●	●
Chou rouge	●	●	●	●	●	●	●	●	●	●	●	●
Chou vert lisse	●	●	●	●	●	●	●	●	●	●	●	●
Concombre				●	●	●	●	●	●	●	●	●
Courges	●	●				●	●	●	●	●	●	●
Courgette						●	●	●	●	●	●	●
Echalote	●	●	●	●	●	●	●	●	●	●	●	●
Endive	●	●	●	●						●	●	●
Epinard	●	●	●	●	●					●	●	●
Fenouil	●	●	●	●	●	●	●	●	●	●	●	●
Fève					●	●	●					
Flageolet	●	●	●									
Fraise					●	●	●	●	●			
Framboise						●						
Haricots verts & jaunes					●	●	●	●	●	●	●	●



	J	F	M	A	M	J	J	A	S	O	N	D
Haricots rouges	●	●	●									
Kiwi	●	●	●	●						●	●	●
Lentille	●	●	●						●	●	●	●
Mâche	●	●	●	●					●	●	●	●
Navet	●	●	●	●	●	●	●	●	●	●	●	●
Navet botte	●	●	●	●	●							
Noix fraîches										●		
Noix sèches	●	●	●	●						●	●	●
Oignon blanc botte					●	●	●			●	●	
Oignon jaune	●	●	●	●	●	●	●	●	●	●	●	●
Oignon rouge	●	●	●	●			●	●	●	●	●	●
Panais	●	●	●	●					●	●	●	●
Patate douce									●	●	●	●
Pomme de terre	●	●	●	●	●				●	●	●	●
Pomme de terre primeur					●	●	●	●				
Potimarron	●	●				●	●	●	●	●	●	●
Persil	●	●	●	●	●	●	●	●	●	●	●	●
Persil tubéreux	●	●	●								●	●
Petit pois						●	●	●				
Poire	●	●	●	●	●				●	●	●	●
Poireau	●	●	●	●	●	●	●	●	●	●	●	●
Poivron rouge									●	●		
Poivron vert								●	●	●	●	
Pomme	●	●	●	●	●	●	●	●	●	●	●	●
Radis blanc daikon	●	●							●	●	●	●
Radis noir long	●	●	●	●					●	●	●	●
Radis red meat									●	●	●	●
Radis rose botte	●	●	●	●	●	●	●	●	●	●	●	●
Radis rouge botte	●	●	●	●	●	●	●	●	●	●	●	●
Radis toupie rouge	●	●	●	●					●	●	●	●
Rhubarbe					●	●	●	●	●	●	●	●
Rutabaga	●	●	●	●						●	●	●
Salades laitue, batavia, feuille de chêne	●	●	●	●	●	●	●	●	●	●	●	●
Salades scarole, frisée	●	●	●	●						●	●	●
Scorsonère, Salsifis	●	●	●	●							●	●
Tomate ancienne population									●	●	●	●
Tomate cerise									●	●	●	●
Tomate ronde									●	●	●	●
Topinambour	●	●	●	●							●	●