

# Fruits de saison



SUPERMARCHÉS  
**MATCH**

	Déc	Janv	Fév	Mars	Avril	Mai	Juin	Juill	Août	Sept	Oct	Nov
Abricots								●	●			
Cassis							●	●	●			
Cerises							●	●	●			
Coings											●	●
Fraises							●	●	●			
Framboises							●	●	●	●	●	
Groseilles								●	●			
Kiwis		●	●	●								
Mandarines	●	●	●									●
Melons							●	●	●			
Mirabelles								●	●	●		
Mûres					●	●	●	●	●	●	●	
Myrtilles								●	●	●	●	
Nectarines								●	●			
Oranges	●	●	●	●	●							●
Pêches								●	●	●		
Poires	●	●	●	●				●	●	●	●	●
Pommes	●	●	●	●			●	●	●	●	●	●
Prunes									●	●		
Pruneaux									●	●		
Raisins										●	●	
Rhubarbe					●	●						
Tomates							●	●	●	●	●	

● Périodes de récolte et de consommation

Ce calendrier des fruits et légumes est publié avec l'aimable autorisation de l'association Consodurable, il vous invite à privilégier des achats de saison et à participer ainsi à la réduction de l'effet de serre.

[www.supermarchesmatch.fr](http://www.supermarchesmatch.fr)

# Légumes de saison



SUPERMARCHÉS  
**MATCH**

	Déc	Janv	Fév	Mars	Avril	Mai	Juin	Juill	Août	Sept	Oct	Nov
Artichauts									●	●	●	
Asperges						●	●	●				
Aubergines							●	●	●	●		
Betteraves	●	●	●	●	●	●	●	●	●	●	●	●
Brocolis								●	●	●	●	●
Carottes	●	●	●	●	●	●	●	●	●	●	●	●
Céleris	●	●	●	●	●	●	●	●	●	●	●	●
Choux	●	●	●	●	●	●	●	●	●	●	●	●
Choux-fleurs						●	●	●	●	●	●	●
Choux de Bruxelles	●	●	●	●						●	●	●
Concombres						●	●	●	●	●	●	
Côtes de blettes		●	●	●	●	●	●	●	●	●	●	
Courges									●	●	●	
Courgettes							●	●	●	●	●	●
Endives	●	●	●	●	●							
Epinards					●	●	●	●	●	●	●	●
Fenouils							●	●	●	●	●	●
Haricots							●	●	●	●	●	
Laitues					●	●	●	●	●	●	●	
Maïs								●	●	●	●	
Navets						●	●					
Oignons	●	●	●	●	●	●	●	●	●	●	●	●
Poireaux	●	●	●	●			●	●	●	●	●	●
Petits pois							●	●				
Poivrons							●	●	●			
Pommes de Terre	●	●	●	●	●	●	●	●	●	●	●	●
Radis					●	●	●	●	●	●	●	
Salades					●	●	●	●	●	●	●	●
Tomates							●	●	●	●	●	