FRUITS & NOIX

	JAN	FEV	MAR	AVR	MAI	JUIN	JUIL	AOUT	SEP	OCT	NOV	DEC
Abricot							●	●				
Baie de sureau								●	●			
Cerise						●	●	●				
Châtaigne									●	●	●	●
Coing										●	●	
Cynorrhodon									●	●	●	●
Fleur de sureau					●	●	●					
Fraise					●	●	●	●				
Framboise						●	●	●	●			
Groseille						●	●	●				
Groseille à maquereau						●	●	●				
Mûre							●	●	●			
Mûrier							●	●				
Mirabelle							●	●	●			
Myrtille						●	●	●	●			
Nectarine							●	●	●			
Noisette	●	●	●	●	●	●	●	●	●	●	●	●
Noix	●	●	●	●	●	●	●	●	●	●	●	●
Pastèque								●	●			
Pêche							●	●	●			
Poire	●						●	●	●	●	●	●
Pomme	●	●	●	●	●	●	●	●	●	●	●	●
Prune						●	●	●	●			
Prunelle						●	●	●	●			
Raisin									●	●		

SALADES & HERBES

	JAN	FEV	MAR	AVR	MAI	JUIN	JUIL	AOUT	SEP	OCT	NOV	DEC
Ail des ours			●	●	●							
Aneth					●	●	●	●	●			
Basilic						●	●	●	●	●		
Cerfeuil			●	●	●	●	●	●	●			
Chicorée (salade)					●	●	●	●	●	●	●	
Ciboulette			●	●	●	●	●	●	●			
Cresson			●	●	●	●	●	●	●			
Endive	●	●	●	●	●	●	●	●	●	●	●	●
Estragon					●	●	●	●	●	●		
Laitue pommée					●	●	●	●	●	●		
Laitue romaine					●	●	●	●	●	●	●	
Lollo rosso				●	●	●	●	●	●	●	●	
Mâche	●	●	●							●	●	●
Marjolaine						●	●	●	●			
Menthe					●	●	●	●	●	●		
Origan						●	●	●	●			
Persil					●	●	●	●	●	●		
Radicchio						●	●	●	●	●		
Romarin	●	●	●	●	●	●	●	●	●	●	●	●
Roquette			●	●	●	●	●	●	●	●	●	
Salade batavia					●	●	●	●	●			
Feuille de chêne					●	●	●	●	●	●		
Iceberg					●	●	●	●	●	●		
Sauge					●	●	●	●				
Thym					●	●	●	●	●			

● Frais

● En conservation

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