

# SAISONNALITÉ CHEZ Label Vie



## Fruits

|               | Janvier | Février | Mars | Avril | Mai | Juin | Juillet | Août | Septembre | Octobre | Novembre | Décembre |
|---------------|---------|---------|------|-------|-----|------|---------|------|-----------|---------|----------|----------|
| Abricot       |         |         |      |       |     |      |         |      |           |         |          |          |
| Ananas        |         |         |      |       |     |      |         |      |           |         |          |          |
| Banane        |         |         |      |       |     |      |         |      |           |         |          |          |
| Cassis        |         |         |      |       |     |      |         |      |           |         |          |          |
| Cerise        |         |         |      |       |     |      |         |      |           |         |          |          |
| Châtaigne     |         |         |      |       |     |      |         |      |           |         |          |          |
| Citron        |         |         |      |       |     |      |         |      |           |         |          |          |
| Clémentine    |         |         |      |       |     |      |         |      |           |         |          |          |
| Coing         |         |         |      |       |     |      |         |      |           |         |          |          |
| Figue fraîche |         |         |      |       |     |      |         |      |           |         |          |          |
| Fraise        |         |         |      |       |     |      |         |      |           |         |          |          |
| Framboise     |         |         |      |       |     |      |         |      |           |         |          |          |
| Grenade       |         |         |      |       |     |      |         |      |           |         |          |          |
| Groseille     |         |         |      |       |     |      |         |      |           |         |          |          |
| Kaki          |         |         |      |       |     |      |         |      |           |         |          |          |
| Kiwi          |         |         |      |       |     |      |         |      |           |         |          |          |
| Mangue        |         |         |      |       |     |      |         |      |           |         |          |          |
| Melon         |         |         |      |       |     |      |         |      |           |         |          |          |
| Myrtille      |         |         |      |       |     |      |         |      |           |         |          |          |
| Noix fraîche  |         |         |      |       |     |      |         |      |           |         |          |          |
| Orange        |         |         |      |       |     |      |         |      |           |         |          |          |
| Pastèque      |         |         |      |       |     |      |         |      |           |         |          |          |
| Pêche         |         |         |      |       |     |      |         |      |           |         |          |          |
| Poire         |         |         |      |       |     |      |         |      |           |         |          |          |
| Pomelos       |         |         |      |       |     |      |         |      |           |         |          |          |
| Pomme         |         |         |      |       |     |      |         |      |           |         |          |          |
| Prune         |         |         |      |       |     |      |         |      |           |         |          |          |
| Raisin        |         |         |      |       |     |      |         |      |           |         |          |          |

## Légumes

|                                   |  |  |  |  |  |  |  |  |  |  |  |  |
|-----------------------------------|--|--|--|--|--|--|--|--|--|--|--|--|
| Ail                               |  |  |  |  |  |  |  |  |  |  |  |  |
| Artichaut                         |  |  |  |  |  |  |  |  |  |  |  |  |
| Asperge                           |  |  |  |  |  |  |  |  |  |  |  |  |
| Aubergine                         |  |  |  |  |  |  |  |  |  |  |  |  |
| Avocat                            |  |  |  |  |  |  |  |  |  |  |  |  |
| Batavia, laitue, feuille de chêne |  |  |  |  |  |  |  |  |  |  |  |  |
| Betterave en botte                |  |  |  |  |  |  |  |  |  |  |  |  |
| Betterave rouge                   |  |  |  |  |  |  |  |  |  |  |  |  |
| Blette                            |  |  |  |  |  |  |  |  |  |  |  |  |
| Brocoli                           |  |  |  |  |  |  |  |  |  |  |  |  |
| Carotte                           |  |  |  |  |  |  |  |  |  |  |  |  |
| Carotte en botte                  |  |  |  |  |  |  |  |  |  |  |  |  |
| Céleri branche                    |  |  |  |  |  |  |  |  |  |  |  |  |
| Céleri-rave                       |  |  |  |  |  |  |  |  |  |  |  |  |
| Champignon de Paris               |  |  |  |  |  |  |  |  |  |  |  |  |
| Chou chinois                      |  |  |  |  |  |  |  |  |  |  |  |  |
| Chou de Bruxelles                 |  |  |  |  |  |  |  |  |  |  |  |  |
| Chou-fleur                        |  |  |  |  |  |  |  |  |  |  |  |  |
| Chou frisé                        |  |  |  |  |  |  |  |  |  |  |  |  |
| Chou blanc et rouge               |  |  |  |  |  |  |  |  |  |  |  |  |
| Chou-rave                         |  |  |  |  |  |  |  |  |  |  |  |  |
| Concombre                         |  |  |  |  |  |  |  |  |  |  |  |  |
| Courge                            |  |  |  |  |  |  |  |  |  |  |  |  |
| Courgette                         |  |  |  |  |  |  |  |  |  |  |  |  |
| Échalote                          |  |  |  |  |  |  |  |  |  |  |  |  |
| Endive                            |  |  |  |  |  |  |  |  |  |  |  |  |
| Épinard                           |  |  |  |  |  |  |  |  |  |  |  |  |
| Fenouil                           |  |  |  |  |  |  |  |  |  |  |  |  |
| Fève                              |  |  |  |  |  |  |  |  |  |  |  |  |
| Frisée, scarole                   |  |  |  |  |  |  |  |  |  |  |  |  |
| Haricot à écosser                 |  |  |  |  |  |  |  |  |  |  |  |  |
| Haricot vert                      |  |  |  |  |  |  |  |  |  |  |  |  |
| Mâche                             |  |  |  |  |  |  |  |  |  |  |  |  |
| Maïs doux                         |  |  |  |  |  |  |  |  |  |  |  |  |
| Navet                             |  |  |  |  |  |  |  |  |  |  |  |  |
| Navet en botte                    |  |  |  |  |  |  |  |  |  |  |  |  |
| Oignon                            |  |  |  |  |  |  |  |  |  |  |  |  |
| Oignon blanc en botte             |  |  |  |  |  |  |  |  |  |  |  |  |
| Panais                            |  |  |  |  |  |  |  |  |  |  |  |  |
| Patate douce                      |  |  |  |  |  |  |  |  |  |  |  |  |
| Petit pois                        |  |  |  |  |  |  |  |  |  |  |  |  |
| Poireau                           |  |  |  |  |  |  |  |  |  |  |  |  |
| Poireau nouveau                   |  |  |  |  |  |  |  |  |  |  |  |  |
| Pois gourmand                     |  |  |  |  |  |  |  |  |  |  |  |  |
| Poivron                           |  |  |  |  |  |  |  |  |  |  |  |  |
| Pomme de terre                    |  |  |  |  |  |  |  |  |  |  |  |  |
| Pomme de terre primeur            |  |  |  |  |  |  |  |  |  |  |  |  |
| Potimarron                        |  |  |  |  |  |  |  |  |  |  |  |  |
| Radis noir                        |  |  |  |  |  |  |  |  |  |  |  |  |
| Radis rose                        |  |  |  |  |  |  |  |  |  |  |  |  |
| Rutabaga                          |  |  |  |  |  |  |  |  |  |  |  |  |
| Tomate                            |  |  |  |  |  |  |  |  |  |  |  |  |
| Topinambour                       |  |  |  |  |  |  |  |  |  |  |  |  |

