

Fraîchement récolté, non pas fraîchement modifié !

# Calendrier des saisons



## Légumes

	Jan	Févr	Mars	Avr	Mai	Juin	Juil	Août	Sept	Oct	Nov	Déc
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			●	●	●	●	●	●	●	●	●	●
Échalote	●	●	●	●	●		●	●	●	●	●	●
Endive	●	●	●	●	●	●	●	●	●	●	●	●
Épinard			●	●	●	●	●	●	●	●	●	●
Fenouil					●	●	●	●	●	●	●	●
Feuille de chêne			●	●	●	●	●	●	●	●	●	●
Flower sprout	●	●	●								●	●
Grand radis				●	●	●	●	●	●	●	●	●
Haricots						●	●	●	●	●	●	●
Laitue batavia			●	●	●	●	●	●	●	●	●	●
Laitue iceberg					●	●	●	●	●	●		
Laitue pommée			●	●	●	●	●	●	●	●	●	●
Laitue romaine				●	●	●	●	●	●	●		
Lentilles	◐	◐	◐	◐	◐	●	●	●	●	●	◐	◐
Lollo			●	●	●	●	●	●	●	●	●	●
Lupin	◐	◐	◐	◐	◐	●	●	●	●	●	◐	◐
Maïs doux						●	●	●	●	●	●	●
Melon						●	●					
Navet				●	●	●						
Oignon	◐	◐	◐	◐	●	●	●	●	●	●	●	◐
Pak-Choi				●	●	●	●	●	●	●	●	●
Panais	●	●	●				●	●	●	●	●	●
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				●	●	●	●	●	●	●	●	●
Scorsonère	●	●							●	●	●	●
Soja	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Tomate				●	●	●	●	●	●	●	●	●
Topinambur	●	●	●								●	●

● Période de récolte  
Parfois plus longue grâce à des cultures protégées

◐ Disponible au magasin

## Fruits

	Jan	Févr	Mars	Avr	Mai	Juin	Juil	Août	Sept	Oct	Nov	Déc
Abricot						●	●	●	●			
Airelles								●	●	●		
Baies d'aronia								●	●			
Baies de goji								●	●	●		
Cerise						●	●					
Coing									●	●	●	
Figue								●	●	●		
Fraises				●	●	●	●	●	●	●		
Framboises						●	●	●	●	●		
Groseilles à maquereau						●	●	●	●			
Kiwi	◐	◐	◐	◐							●	●
Mini-Kiwi									●	●		
Mirabelle							●	●				
Myrtilles						●	●	●	●			
Mûres						●	●	●	●	●		
Nectarine							●	●	●			
Poire	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Pomme	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Pruneau							●	●	●			
Pêche							●	●	●			
Raisinet						●	●	●	●			
Raisins								●	●	●		

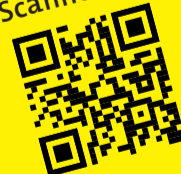
## Herbes

	Jan	Févr	Mars	Avr	Mai	Juin	Juil	Août	Sept	Oct	Nov	Déc
Ail des ours			●	●								
Aneth						●	●	●	●			
Basilic					●	●	●	●	●			
Camomille						●	●	●	●			
Ciboulette					●	●	●	●	●			
Coriandre					●	●	●	●	●			
Cresson			●	●	●	●	●	●	●			
Cynorhodon									●	●	●	
Estragon					●	●	●	●	●			
Livèche					●	●	●	●	●			
Marjolaine								●	●			
Menthe poivrée							●	●	●			
Mélisse						●	●	●	●			
Monarde							●	●	●			
Origan						●	●	●	●			
Persil					●	●	●	●	●		●	●
Pourpier	●	●	●	●						●	●	●
Romarin					●	●	●	●	●			
Safran										●	●	
Sauge				●	●	●	●	●	●	●	●	●
Sureau								●	●			

● Période de récolte  
Parfois plus longue grâce à des cultures protégées

◐ Disponible au magasin

Scamez ici



Retrouvez des magasins de ferme dans votre région.



Le calendrier est aussi disponible en ligne sous [www.paysanssuisses.ch](http://www.paysanssuisses.ch)



**Paysannes  
& paysans**  
suisses

**Nos fruits ne prennent  
pas l'avion.**