



# Calendrier des récoltes de **FRUITS & LÉGUMES**

Parmi les petits bonheurs de la vie,  
il y a l'arrivée des fruits et légumes  
**FRAIS** sur notre table!



|                            | MARS | AVRIL | MAI | JUIN | JUIL. | AOÛT | SEPT. | OCT. | NOV. | DÉC. |
|----------------------------|------|-------|-----|------|-------|------|-------|------|------|------|
| Ail :                      |      |       |     |      |       | ●    | ●     |      |      |      |
| Asperges :                 |      |       | ●   | ●    |       |      |       |      |      |      |
| Betteraves :               |      |       |     |      | ●     | ●    | ●     | ●    |      |      |
| Brocoli :                  |      |       |     |      | ●     | ●    | ●     | ●    | ●    |      |
| Bleuets :                  |      |       |     |      | ●     | ●    |       |      |      |      |
| Carottes :                 |      |       |     |      |       | ●    | ●     | ●    | ●    |      |
| Cassis :                   |      |       |     |      | ●     | ●    |       |      |      |      |
| Choux :                    |      |       |     |      | ●     | ●    | ●     |      |      |      |
| Courges et Citrouilles :   |      |       |     |      |       | ●    | ●     | ●    |      |      |
| Cerises :                  |      |       |     |      | ●     | ●    |       |      |      |      |
| Concombres en serre :      | ●    | ●     | ●   | ●    | ●     | ●    | ●     | ●    | ●    |      |
| Concombres en champs :     |      |       |     |      | ●     | ●    | ●     | ●    |      |      |
| Fleur d'ail :              |      |       |     | ●    | ●     |      |       |      |      |      |
| Fraises d'été:             |      |       |     | ●    | ●     | ●    |       |      |      |      |
| Fraises D'automne :        |      |       |     |      |       | ●    | ●     | ●    |      |      |
| Framboises :               |      |       |     |      | ●     | ●    |       |      |      |      |
| Framboises d'automne :     |      |       |     |      |       | ●    | ●     | ●    |      |      |
| Haricots jaunes et verts : |      |       |     |      | ●     | ●    | ●     |      |      |      |
| Laitues et épinards :      |      |       | ●   | ●    | ●     | ●    | ●     | ●    |      |      |
| Maïs sucré :               |      |       |     |      | ●     | ●    | ●     |      |      |      |
| Oignons et oignons verts : |      |       |     |      |       | ●    | ●     | ●    |      |      |
| Piments :                  |      |       |     |      | ●     | ●    | ●     |      |      |      |
| Poires :                   |      |       |     |      |       | ●    | ●     |      |      |      |
| Pommes :                   |      |       |     |      |       | ●    | ●     | ●    |      |      |
| Pommes de terres :         |      |       |     |      | ●     | ●    | ●     | ●    |      |      |
| Prunes :                   |      |       |     |      |       |      | ●     | ●    |      |      |
| Radis :                    |      |       | ●   | ●    | ●     | ●    | ●     |      |      |      |
| Tomates en serre :         | ●    | ●     | ●   | ●    | ●     | ●    | ●     | ●    | ●    | ●    |
| Tomates en champs :        |      |       |     |      |       | ●    | ●     | ●    |      |      |

\* Ces dates peuvent varier légèrement selon les conditions climatiques