

Voici un tableau pour manger des fruits de saisons

| | Janvier | Février | Mars | Avril | Mai | Juin | Juillet | Août | Septembre | Octobre | Novembre | Décembre |
|----------------|---------|---------|------|-------|-----|------|---------|------|-----------|---------|----------|----------|
| Abricot | | | | | | ✓ | ✓ | ✓ | | | | |
| Artichaut | | | | | | ✓ | ✓ | ✓ | ✓ | | | |
| Asperge | | | | ✓ | ✓ | | | | | | | |
| Aubergine | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | | |
| Betterave | ✓ | ✓ | ✓ | ✓ | | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| Brocoli | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | | |
| Carotte | ✓ | ✓ | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Céleri | ✓ | ✓ | ✓ | ✓ | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Chou-fleur | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | | | |
| Clémentine | ✓ | ✓ | | | | | | | | | ✓ | ✓ |
| Concombre | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | | |
| Courgette | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | |
| Endive | ✓ | ✓ | | | | | | | | ✓ | ✓ | ✓ |
| Épinard | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Fraise | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | | |
| Framboise | | | | | | ✓ | ✓ | ✓ | ✓ | | | |
| Groseille | | | | | | ✓ | ✓ | | | | | |
| Haricot vert | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | | |
| Laitue | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Melon | | | | | | ✓ | ✓ | ✓ | | | | |
| Navet | | | | | ✓ | ✓ | | | | ✓ | ✓ | ✓ |
| Pêche | | | | | | | ✓ | ✓ | ✓ | | | |
| Petit pois | | | | | ✓ | ✓ | ✓ | | | | | |
| Poire | | | | | | | | | ✓ | ✓ | ✓ | ✓ |
| Poireau | ✓ | ✓ | ✓ | | | | | | ✓ | ✓ | ✓ | ✓ |
| Poivron | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | | |
| Pomme | ✓ | ✓ | ✓ | | | | | | | ✓ | ✓ | ✓ |
| Pomme de terre | ✓ | ✓ | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Potiron | ✓ | ✓ | | | | | | | | ✓ | ✓ | ✓ |
| Prune | | | | | | ✓ | ✓ | ✓ | ✓ | | | |
| Radis | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | |
| Raisin | | | | | | | | | ✓ | ✓ | | |
| Tomate | | | | | | | ✓ | ✓ | ✓ | | | |