

SEASONAL CALENDAR

FRANCE

MONTH	FRUIT	VEGETABLES
Jan	Apple - Dried almond - Lemon - Clementine Khaki - Kiwi - Mandarin - Orange - Grapefruit - Physalis - Pear	Garlic - Beet - Carrot - Celery branch - Celeriac Cabbage - White cabbage - Brussels sprouts - Kale Red cabbage - Squash - Crosne - Endive - Spinach curly - Chewed up - Turnip - Onion - Parsnip - Leek Ware Potato - Salsify - Jerusalem artichoke - Lens
Feb	Apple - Dried almond - Lemon - Clementine Khaki - Kiwi - Mandarin - Orange - Grapefruit - Physalis - Pear	Garlic - Beet - Carrot - Celeriac - White cabbage - Brussels sprouts - Kale - Red cabbage - Crosne - Endive - Spinach - curly - Chewed up - Turnip - Onion - Parsnip - Leek - Ware Potato - Radish - Salsify - Jerusalem artichoke - Lens
Mar	Apple - Dried almond - Lemon - Kiwi - Orange - Grapefruit - Pear	Garlic - Asparagus - Beet - Chard - Carrot - Celeriac - Cabbage - Brussels sprouts - Cauliflower - Crosne - Endive - Spinach - curly - turnip - onion - parsnip - leek - ware potato - radish - salsify - jerusalem artichoke - lens
Apr	Apple - pear - grapefruit - lemon - Dried almond	Garlic - Asparagus - Beet - Chard - Carrot - Cauliflower - Cucumber - Endive - Spinach - curly - Lettuce - turnip - onion - pea - leek - early potato - radish
May	Grapefruit - Dried almond - Cherry - strawberry	Garlic - Artichoke - Asparagus - Eggplant - Beet - Chard - Carrot - Cauliflower - Cucumber - Zucchini - Spinach - Lettuce - turnip - onion - pea - early potato - radish - Rhubarb - tomato
Jun	Apricot - dried almond - nectarine - cassis - cherry - lemon - strawberry - raspberry - currant - melon - grapefruit - watermelon - fishing - apple - plum	Garlic - Artichoke - Asparagus - Eggplant - Beet - Chard - Broccoli - Carrot - romanesco cabbage - Cucumber - Zucchini - Spinach - Fennel - Green bean - Lettuce - turnip - onion - pea - bell pepper - early potato - radish - Rhubarb - tomato - spring and winter oats - winter barley - rye
Jul	Apricot - fresh and dried almond - nectarine - cassis - cherry - fig - strawberry - raspberry - currant - melon - blueberry - watermelon - fishing - pear - plum	Garlic - Artichoke - Asparagus - Eggplant - Beet - Chard - Broccoli - Carrot - celery branch - romanesco cabbage - Cucumber - Zucchini - Spinach - Fennel - Green bean - Lettuce - onion - pea - bell pepper - early potato - radish - Rhubarb - tomato - spring and winter oats - winter and spring barley - rye - but - white and broad bean - soft winter and spring wheat
Aug	Apricot - fresh and dried almond - goji berry - nectarine - cassis - fig - strawberry - raspberry - currant - melon - mirabelle plum - blackberry - blueberry - hazelnut - watermelon - fishing - pear - plum - apple - prune - grape	Garlic - Artichoke - Eggplant - Beet - Chard - Broccoli - Carrot - celery branch - white and red cabbage - romanesco cabbage - Cucumber - squash - Zucchini - Spinach - Fennel - curly - Green bean - Lettuce - onion - bell pepper - early potato - radish - tomato - spring and winter oats - winter and spring barley - rye - but - white and broad bean - soft winter and spring wheat - quinoa
Sep	Dried almond - goji berry - quince - fig - melon - mirabelle plum - blackberry - blueberry - hazelnut - nut - watermelon - fishing - pear - apple - plum - prune - grape	Garlic - Artichoke - Eggplant - Beet - Chard - Broccoli - Carrot - celery branch - white and red cabbage - cabbage - brussels sprouts - cauliflower - kale - romanesco cabbage - Cucumber - squash - Zucchini - Spinach - Fennel - curly - Green bean - Lettuce - onion - parsnip - yam - leek - bell pepper - ware potato - pumpkin - radish - tomato - but - white bean - quinoa - rice - buckwheat - sunflower
Oct	Dried almond - goji berry - chestnut - lemon - quince - fig - raspberry - khaki - blueberry - hazelnut - nut - physalis - pear - apple - grape	Garlic - Eggplant - Beet - Chard - Broccoli - Carrot - celery branch - celeriac - white and red cabbage - cabbage - brussels sprouts - cauliflower - kale - Cucumber - squash - Zucchini - shallot - endive - Spinach - Fennel - curly - Green bean - Lettuce - turnip - onion - parsnip - yam - leek - ware potato - pumpkin - radish - rutabaga - salsify - jerusalem artichoke - tomato - but - white bean - quinoa - rice - buckwheat - soy
Nov	Dried almond - chestnut - lemon - clementine - quince - khaki - kiwi - mandarin - orange - physalis - pear - apple	Garlic - Beet - Broccoli - Cardoon - Carrot - celery branch - celeriac - white and red cabbage - cabbage - brussels sprouts - cauliflower - kale - pumpkin - squash - crosne - shallot - endive - Spinach - Fennel - curly - chewed up - turnip - onion - parsnip - leek - ware potato - pumpkin - radish - rutabaga - salsify - jerusalem artichoke - but - lens
Dec	Dried almond - chestnut - lemon - clementine - khaki - kiwi - mandarin - orange - physalis - pear - apple	Garlic - Beet - Carrot - celery branch - celeriac - white and red cabbage - cabbage - brussels sprouts - kale - squash - crosne - shallot - endive - Spinach - curly - chewed up - turnip - onion - parsnip - leek - ware potato - pumpkin - radish - rutabaga - salsify - jerusalem artichoke - lens - rye - winter and spring barley - winter and spring durum wheat - winter and spring oats - broad beans