



The fresh fruit and vegetable calendar



Fruits	Winter			Spring			Summer			Autumn		
	J	F	M	A	M	J	J	A	S	O	N	D
APRICOT												
PINEAPPLE (2)												
CHERRY												
CHESTNUT												
LEMON												
CLÉMENTINE AND MANDARIN												
QUINCE												
FIG												
STRAWBERRY (1)												
PASSION FRUIT (2)												
GRENADE (2)												
KAKI (2)												
KIWI												
LITCHI (2)												
MANGO (2)												
MELON												
HAZELNUT												
NUTS												
ORANGE												
PEACH AND NECTARINE												
RED BERRIES (raspberry, blueberry, redcurrant)												
PEAR												
POMELO												
APPLE												
PLUM												
GRAPE												
RHUBARB												

Vegetables	Winter			Spring			Summer			Autumn		
	J	F	M	A	M	J	J	A	S	O	N	D
GARLIC												
ARTICHOKE												
ASPARAGUS												
EGGPLANT (1)												
AVOCADO (2)												
RED BEETROOT												
CHARD												
BROCCOLI												
CARROT												
CELERY BRANCH												
CELERY RAVE												
BUTTON MUSHROOM												
BRUSSELS SPROUTS												
CAULIFLOWER												
CABBAGE												
CUCUMBER (1)												
PUMPKIN (pumpkin, butternut...)												
ZUCCHINI												
SHALLOT												
CHICORY												
SPINACH												
FENNEL												
SHELLING BEAN												
GREEN BEAN												
AROMATIC HERBS												
OLD VEGETABLES (parsnip, Jerusalem artichoke)												
LAMB'S LETTUCE												
TURNIP												
ONION												
SWEET POTATO												
PEAS												
LEEK												
BELL PEPPER (1)												
RADISH												
SALAD												
TOMATO (1)												

The periods are given as an indication as they may vary depending on climatic hazards

(1) Products that can be grown in a greenhouse
 (2) Exotic and tropical products

F: period of fresh garlic and fresh walnut
 P: period of early carrots, turnips or leeks

		Heart of the season
		Season
		Availability

Source: Distribution of household purchases in average volume 2018-2020 Kantar /AGRESTE avg. 2014-2016 and other sources (RNM / French customs) - Interfel/CTIFL preparation - * excluding potatoes and bananas..