

Calendrier des légumes et des fruits bio Coop Naturaplan

| Fruits | Jan. | Fév. | Mars | Avril | Mai | Juin | Juil. | Août | Sep. | Oct. | Nov. | Déc. |
|-------------------|------|------|------|-------|-----|------|-------|------|------|------|------|------|
| Abricots | | | | | ● | ● | ● | ● | ● | | | |
| Avocats | ● | ● | ● | ● | | | | | | | | |
| Bananes | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Cerises | | | | | ● | ● | ● | ● | | | | |
| Citrons | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Clémentines | ● | ● | ● | | | | | | | ● | ● | ● |
| Fraises | | | ● | ● | ● | ● | ● | ● | | | | |
| Framboises | | | ● | ● | ● | ● | ● | ● | ● | | | |
| Kakis | | | | | | | | | | | ● | ● |
| Kiwis | ● | ● | ● | ● | ● | | | | | | | ● |
| Mangues | | | | | ● | ● | | | ● | ● | ● | |
| Melons | | | | | ● | ● | ● | ● | ● | | | |
| Mûres | | | | | ● | ● | ● | ● | ● | | | |
| Myrtilles | | | ● | ● | ● | ● | ● | ● | ● | ● | | |
| Nectarines | | | | | ● | ● | ● | ● | ● | ● | | |
| Oranges blondes | ● | ● | ● | ● | ● | ● | | | | ● | ● | ● |
| Oranges sanguines | ● | ● | ● | ● | | | | | | | | ● |
| Pamplemousses | ● | ● | ● | | | | | | | ● | ● | ● |
| Pêches | | | | | ● | ● | ● | ● | ● | ● | | |
| Poires | ● | ● | ● | ● | | | ● | ● | ● | ● | ● | ● |
| Pommes | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Pruneaux | | | | | | | | ● | ● | | | |
| Prunes | | | | | | ● | ● | ● | ● | ● | ● | |
| Raisinets | | | | | | | ● | ● | ● | ● | | |
| Raisins | | | | | | | ● | ● | ● | ● | ● | |

| ProSpecieRara | Jan. | Fév. | Mars | Avril | Mai | Juin | Juil. | Août | Sep. | Oct. | Nov. | Déc. |
|-----------------------------------|------|------|------|-------|-----|------|-------|------|------|------|------|------|
| Aubergines | | | | | | | ● | ● | | | | |
| Betteraves Chioggia | ● | ● | ● | | | | | | | ● | ● | ● |
| Carottes de Küttigen | ● | ● | ● | | | | | ● | ● | ● | ● | ● |
| Carottes J. longues du Doubs | ● | ● | ● | ● | ● | | | | ● | ● | ● | ● |
| Côtes de bette rouges | ● | | | ● | ● | ● | | | ● | ● | | |
| Courgettes différentes variétés | | | | | | | ● | ● | ● | ● | | |
| Courgettes Rondini diff. variétés | | | | | | | ● | ● | ● | ● | | |
| Laitues Lattughino verde | | | ● | ● | ● | ● | | | | | | |
| Panais | ● | ● | ● | | | | | | | ● | ● | ● |
| Poivrons Corno di bue colorés | | | | | | | | ● | ● | ● | | |
| Poivrons Corno di bue verts | | | | | | ● | ● | ● | | | | |
| Pommes de terre bleues de St-Gall | ● | ● | ● | ● | ● | ● | | ● | ● | ● | ● | ● |
| Pommes Raisins | | | | | | | | | ● | ● | ● | ● |
| Pommes Roses de Berne | | | | | | | | | ● | ● | ● | |
| Pommes Wilerrot | ● | ● | | | | | | | | | | ● |
| Radis-glaçons | | | ● | ● | | | | | | | | |
| Reines des Reinettes | | | | | | | | | ● | ● | ● | ● |
| Rutabagas | | | | | | | | | ● | ● | ● | ● |
| Tomates Black Cherry | | | | | | | ● | ● | ● | ● | | |
| Tomates Cœur de bœuf | | | | | | ● | ● | ● | ● | ● | | |
| Tomates petites rouges de Bâle | | | | | | ● | ● | ● | ● | ● | | |

| | |
|---|-------------------------------|
| ● | Suisse |
| ● | Europe et pays méditerranéens |
| ● | Outre-mer |
| ■ | Absent de l'assortiment |