

CE QUE JE MANGE AU

# Printemps

AVRIL - MAI - JUIN



Asperge



Blette



Fève



Brocolis



Petit pois



Champignon



Artichaut



Radis



Épinard



laitue



Carotte



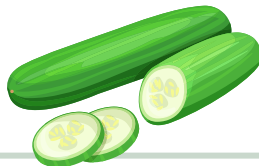
Betterave



Courgette



Concombre



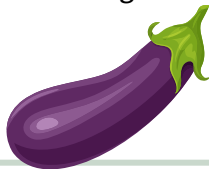
Tomate



Poivron



Aubergine



Avocat



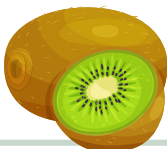
Orange



Pamplemousse



Kiwi



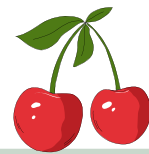
Rhubarbe



Pêche / nectarine



Cerise



Citron



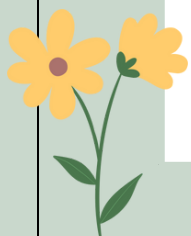
Framboise



Fraise



Pomme



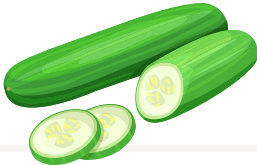













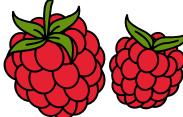




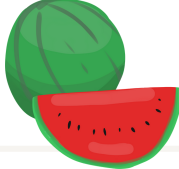


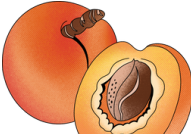



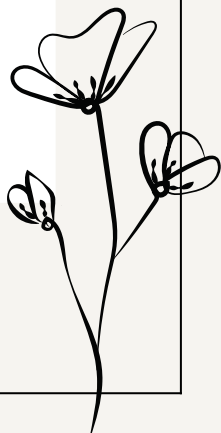
CE QUE JE MANGE EN

*Été*

JUILLET - AOÛT - SEPTEMBRE












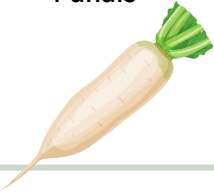




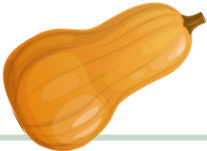











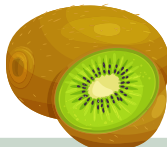

<p>Concombre</p> 	<p>Courgette</p> 	<p>Laitue</p> 	<p>Artichaut</p> 
<p>Blette</p> 	<p>Haricot vert</p> 	<p>Maïs</p> 	<p>Carotte</p> 
<p>Céleri branche</p> 	<p>Tomate</p> 	<p>Poivron</p> 	<p>Betterave</p> 
<p>Aubergine</p> 	<p>Groseille</p> 	<p>Framboise</p> 	<p>Rhubarbe</p> 
<p>Prune</p> 	<p>Figue</p> 	<p>Fraise</p> 	<p>Pastèque</p> 
<p>Mûre</p> 	<p>Pêche / Nectarine</p> 	<p>Abricot</p> 	<p>Melon</p> 





# CE QUE JE MANGE EN *Automne*

OCTOBRE - NOVEMBRE - DÉCEMBRE

<p>Kale</p> 	<p>Épinard</p> 	<p>Chou vert</p> 	<p>Chou de Bruxelles</p> 
<p>Céleri branche</p> 	<p>Brocolis</p> 	<p>Chou-fleur</p> 	<p>Fenouil</p> 
<p>Poireau</p> 	<p>Panais</p> 	<p>Champignons</p> 	<p>Endive</p> 
<p>Betterave</p> 	<p>Potiron</p> 	<p>Courge</p> 	<p>Carotte</p> 
<p>Radis</p> 	<p>Navet</p> 	<p>Orange</p> 	<p>Clémentine</p> 
<p>Pamplemousse</p> 	<p>Figues</p> 	<p>Pomme</p> 	<p>Poire</p> 
<p>Prune</p> 	<p>Chataigne</p> 	<p>Kiwi</p> 	<p>Raisin</p> 



CE QUE JE MANGE EN

# Hiver

JANVIER - FÉVRIER - MARS



Poireau



Kale



Brocolis



Céleri branche



Épinards



Chou de Bruxelles



Chou-fleur



Champignons



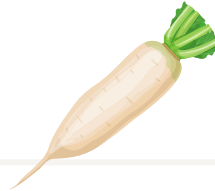
Topinambour



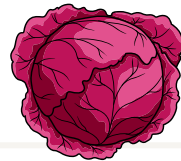
Endive



Panais



Chou rouge



Carotte



Courge



Betterave



Navet



Clémentine



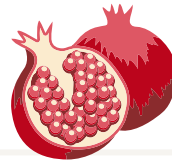
Orange



Pamplemousse



Grenade



Kaki



Pomme



Poire



Kiwi

