

SEASONAL VEGIES AND FRUITS

© Nicolas Aubineau - Dietician Nutritionnist - www.nicolas-aubineau.com/en/

WINTER

Fruits	Vegetables	
Lemon	Garlic	Pumpkin
Kiwi	Beetroot	Potato
Tangerine	Carrot	
Orange	Celery	
Grapefruit	Brussels sprouts	
Pear	Squash	
Apple	Endive	
	Spinach	
	Curled	
	Mash	
	Turnip	
	Onion	
	Leek	

SPRING

Fruits	Vegetables	
Cherry	Eggplant	Turnip
Lemon	Beet	Onion
Strawberry	Carrot	Peas
Raspberry	Celery	Potato
Kiwi	Cauliflower	Leek
Orange	Brussels sprouts	Radish
Grapefruit	Cucumber	
Apple	Zukinis	
Pear	Endive	
Rhubarb	Spinach	
	Curly	
	Fennel	
	Lettuce	

SUMMER

Fruits	Vegetables	
Apricot	Garlic	Turnip
Blackcurrant	Artichoke	Onion
Cherry	Asparagus	Radish
Fig	Eggplants	Tomato
Strawberry	Beetroot	Peas
Raspberry	Carrot	
Currant	Celery	
Melon	Cabbage	
Mirabelle	Cauliflower	
Bleuberry	Cucumber	
Nectarine	Zucchini	
Watermelon	Spinach	
Peach	Fennel	
Apple	Bean	
Plum	Lettuce	
Prune	Corn	

AUTUMN

Fruits	Vegetables	
Quince	Cucumber	Potato
Kiwi	Squash	Radish
Tangerine	Courgettes	Tomato
Melon	Endive	
Blackberry	Spinach	
Blueberry	Fennel	
Orange	Curly	
Grapefruit	Bean	
Watermelon	Lettuce	
Peach	Lamb's lettuce	
Pear	Corn	
Apple	Eggplant	
Plum	Turnip	
Prune	Onion	
Grape	Leek	
	Bell pepper	