





























































































































































































































































































































































































































frutta



	GEN	FEB	MAR	APR	MAG	GIU	LUG	AGO	SET	OTT	NOV	DIC
 Albicocche												
 Anguria												
 Arance												
 Caki												
 Castagne												
 Ciliegie												
 Clementine												
 Fichi												
 Fragole												
 Kiwi												
 Lamponi												
 Limoni												
 Mandarini												
 Mele												
 Meloni												
 Mirtilli												
 Nespole												
 Noci												
 Pere												
 Pesche												
 Pompelmo												
 Susine												
 Uva												

Consuma frutta di stagione!

verdura

	GEN	FEB	MAR	APR	MAG	GIU	LUG	AGO	SET	OTT	NOV	DIC
 Aglio												
 Asparagi												
 Barbabietole												
 Bietola da costa												
 Carciofi												
 Carote												
 Cavolfiore												
 Cavolo broccolo												
 Cavolo cappuccio												
 Cavolini Bruxelles												
 Cavolo verza												
 Cetriolo												
 Cipolla												
 Fagioli												
 Fagiolini												
 Fave												
 Finocchio												
 Insalata												
 Melanzana												
 Peperone												
 Piselli												
 Pomodori												
 Porri												
 Prezzemolo												
 Radicchio												
 Ravanello												
 Sedano												
 Spinaci												
 Zucca												
 Zucchine												

Consuma verdura di stagione!