

| Légumes | | Septembre | Octobre | Novembre | Décembre | Janvier | Février | Mars | Avril | Mai | Juin | Juillet | Août |
|---------|------------------|-----------|---------|----------|----------|---------|---------|------|-------|-----|------|---------|------|
| | Artichauts | | | | | | | | | | | | |
| | Asperges | | | | | | | | | | | | |
| | Aubergines | | | | | | | | | | | | |
| | Betteraves | | | | | | | | | | | | |
| | Brocolis | | | | | | | | | | | | |
| | Carottes | | | | | | | | | | | | |
| | Céleris | | | | | | | | | | | | |
| | Choux | | | | | | | | | | | | |
| | Choux-fleurs | | | | | | | | | | | | |
| | Chx de Bruxelles | | | | | | | | | | | | |
| | Concombres | | | | | | | | | | | | |
| | Côtes de blettes | | | | | | | | | | | | |
| | Courges | | | | | | | | | | | | |
| | Courgettes | | | | | | | | | | | | |
| | Endives | | | | | | | | | | | | |
| | Epinards | | | | | | | | | | | | |
| | Fenouil | | | | | | | | | | | | |
| | Haricots | | | | | | | | | | | | |
| | Laitues | | | | | | | | | | | | |
| | Maïs | | | | | | | | | | | | |
| | Navets | | | | | | | | | | | | |
| | Oignons | | | | | | | | | | | | |
| | Poireaux | | | | | | | | | | | | |
| | Petits pois | | | | | | | | | | | | |
| | Poivrons | | | | | | | | | | | | |
| | Pommes de terre | | | | | | | | | | | | |
| | Radis | | | | | | | | | | | | |
| | Salades | | | | | | | | | | | | |

Légumes de saison

Légumes hors-saison

| Légumes | | Septembre | Octobre | Novembre | Décembre | Janvier | Février | Mars | Avril | Mai | Juin | Juillet | Août |
|---------|------------------|-----------|---------|----------|----------|---------|---------|------|-------|-----|------|---------|------|
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| | Choux | | | | | | | | | | | | |
| | Choux-fleurs | | | | | | | | | | | | |
| | Chx de Bruxelles | | | | | | | | | | | | |
| | Concombres | | | | | | | | | | | | |
| | Côtes de blettes | | | | | | | | | | | | |
| | Courges | | | | | | | | | | | | |
| | Courgettes | | | | | | | | | | | | |
| | Endives | | | | | | | | | | | | |
| | Epinards | | | | | | | | | | | | |
| | Fenouil | | | | | | | | | | | | |
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| | Laitues | | | | | | | | | | | | |
| | Maïs | | | | | | | | | | | | |
| | Navets | | | | | | | | | | | | |
| | Oignons | | | | | | | | | | | | |
| | Poireaux | | | | | | | | | | | | |
| | Petits pois | | | | | | | | | | | | |
| | Poivrons | | | | | | | | | | | | |
| | Pommes de terre | | | | | | | | | | | | |
| | Radis | | | | | | | | | | | | |
| | Salades | | | | | | | | | | | | |

Légumes de saison

Légumes hors-saison

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| | Poivrons | | | | | | | | | | | | |
| | Pommes de terre | | | | | | | | | | | | |
| | Radis | | | | | | | | | | | | |
| | Salades | | | | | | | | | | | | |

Légumes de saison

Légumes hors-saison

| Fruits | Septembre | Octobre | Novembre | Décembre | Janvier | Février | Mars | Avril | Mai | Juin | Juillet | Août |
|--------------|-----------|---------|----------|----------|---------|---------|------|-------|-----|------|---------|------|
| Abricot | | | | | | | | | | | | |
| Cassis | | | | | | | | | | | | |
| Cerise | | | | | | | | | | | | |
| Châtaigne | | | | | | | | | | | | |
| Figue | | | | | | | | | | | | |
| Fraise | | | | | | | | | | | | |
| Framboise | | | | | | | | | | | | |
| Grenade | | | | | | | | | | | | |
| Groseille | | | | | | | | | | | | |
| Kiwi | | | | | | | | | | | | |
| Mandarine | | | | | | | | | | | | |
| Melon | | | | | | | | | | | | |
| Mirabelle | | | | | | | | | | | | |
| Mûre | | | | | | | | | | | | |
| Myrtille | | | | | | | | | | | | |
| Nectarine | | | | | | | | | | | | |
| Noix | | | | | | | | | | | | |
| Orange | | | | | | | | | | | | |
| Pamplemousse | | | | | | | | | | | | |
| Pêche | | | | | | | | | | | | |
| Poire | | | | | | | | | | | | |
| Pomme | | | | | | | | | | | | |
| Prune | | | | | | | | | | | | |
| Quetsche | | | | | | | | | | | | |
| Raisin | | | | | | | | | | | | |
| Rhubarbe | | | | | | | | | | | | |
| Tomate | | | | | | | | | | | | |

Fruits de saison

Fruits hors-saison

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| Fruits | Septembre | Octobre | Novembre | Décembre | Janvier | Février | Mars | Avril | Mai | Juin | Juillet | Août |
|--------------|-----------|---------|----------|----------|---------|---------|------|-------|-----|------|---------|------|
| Abricot | | | | | | | | | | | | |
| Cassis | | | | | | | | | | | | |
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| Groseille | | | | | | | | | | | | |
| Kiwi | | | | | | | | | | | | |
| Mandarine | | | | | | | | | | | | |
| Melon | | | | | | | | | | | | |
| Mirabelle | | | | | | | | | | | | |
| Mûre | | | | | | | | | | | | |
| Myrtille | | | | | | | | | | | | |
| Nectarine | | | | | | | | | | | | |
| Noix | | | | | | | | | | | | |
| Orange | | | | | | | | | | | | |
| Pamplemousse | | | | | | | | | | | | |
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| Pomme | | | | | | | | | | | | |
| Prune | | | | | | | | | | | | |
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