




































































































































































































































































































































































































































# 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
 <b>Aglio</b>												
 <b>Asparagi</b>												
 <b>Barbabietole</b>												
 <b>Bietola da costa</b>												
 <b>Carciofi</b>												
 <b>Carote</b>												
 <b>Cavolfiore</b>												
 <b>Cavolo broccolo</b>												
 <b>Cavolo cappuccio</b>												
 <b>Cavolini Bruxelles</b>												
 <b>Cavolo verza</b>												
 <b>Cetriolo</b>												
 <b>Cipolla</b>												
 <b>Fagioli</b>												
 <b>Fagiolini</b>												
 <b>Fave</b>												
 <b>Finocchio</b>												
 <b>Insalata</b>												
 <b>Melanzana</b>												
 <b>Peperone</b>												
 <b>Piselli</b>												
 <b>Pomodori</b>												
 <b>Porri</b>												
 <b>Prezzemolo</b>												
 <b>Radicchio</b>												
 <b>Ravanello</b>												
 <b>Sedano</b>												
 <b>Spinaci</b>												
 <b>Zucca</b>												
 <b>Zucchine</b>												

Consuma verdura di stagione!