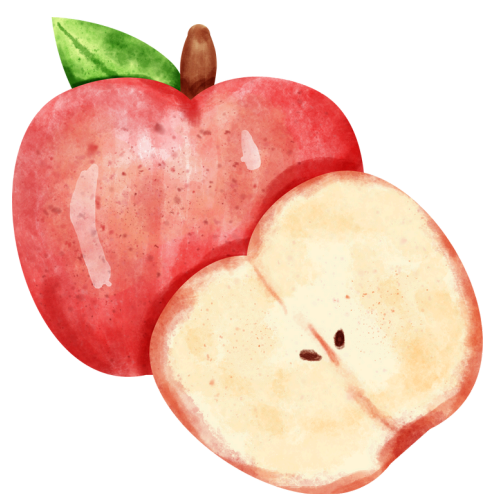


Fruits & légumes de saison

Octobre



Pomme



Raisin



Poire



Coing



Framboise



Prune



Noisette



Noix



Melon



Mirabelle-
Reine Claude



Clémentine



Figue



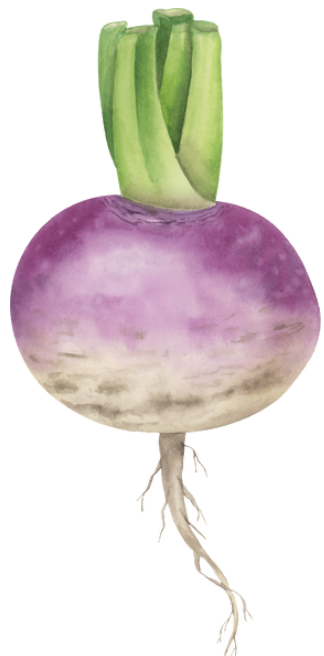
Mandarine

Fruits & légumes de saison

Octobre



Fenouil



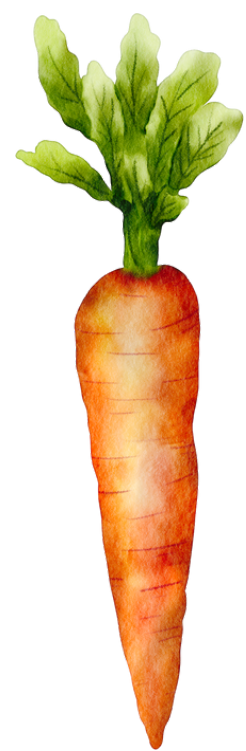
Navet



Panaïs



Ail



Carotte



Bette



Chou chinois



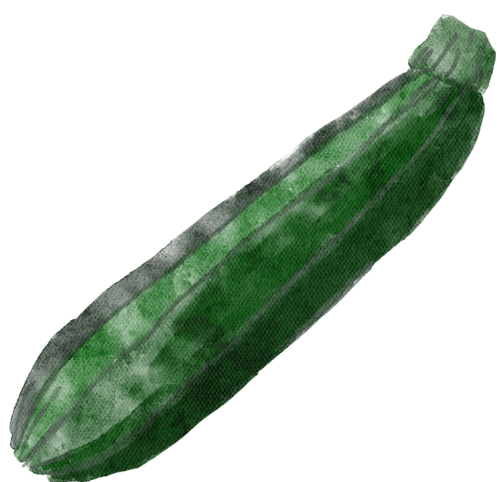
Chou pakchoï



Brocoli



Chou fleur



Courgette



Epinard



Chou blanc



Radis rose



Roquette



Salade feuille



Aubergine



Céleri vert



Artichaut



Chou vert

de chêne,
iceberg-pommée,
chicorée scarole
et frisée

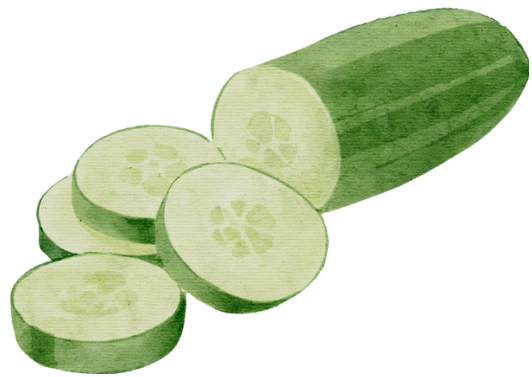
Smilla Diététique

Fruits & légumes de saison

Octobre



Chou rouge



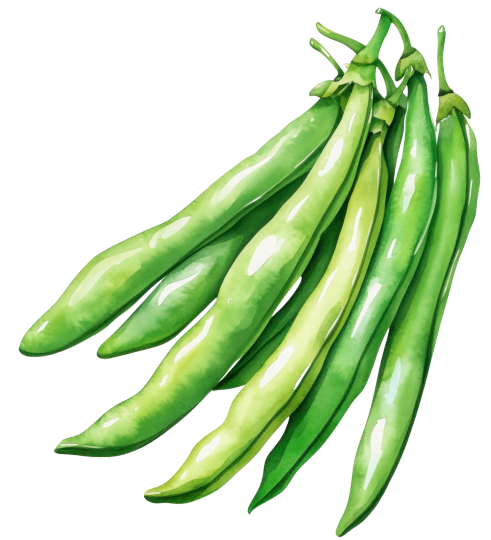
Concombre



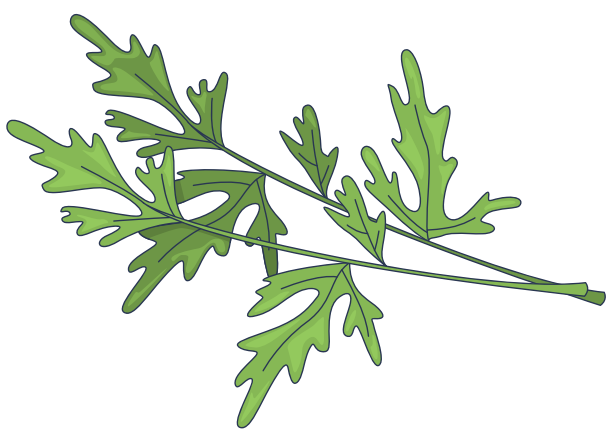
Cornichon



Échalote



Haricot vert,
beurre



Cerfeuil



Pâtisson



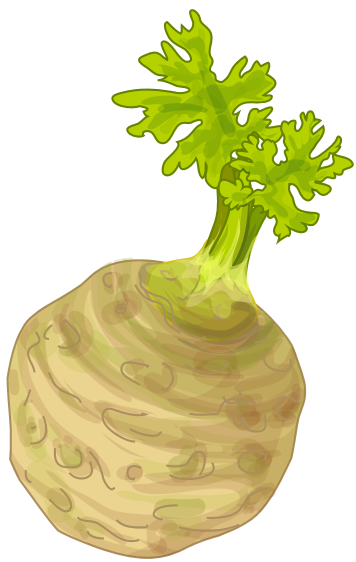
Poivron



Tomate



Patate douce



céleri rave



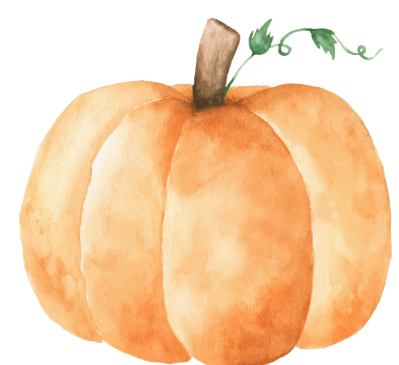
Butternut



Chou de
Bruxelles



Chou frisé=
chou kale



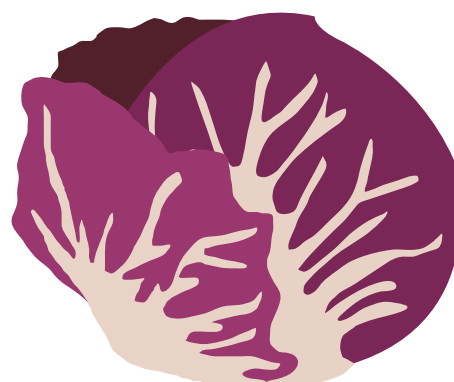
Potiron



Poireau



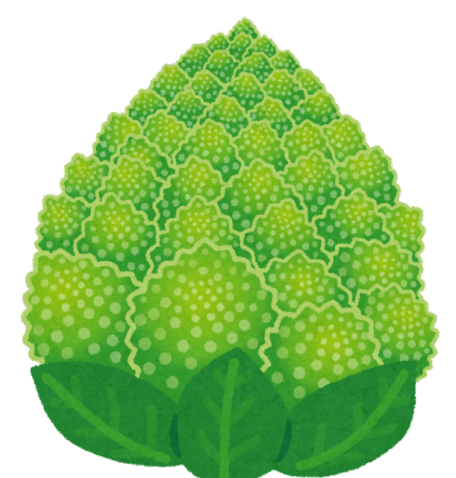
Potimarron



Radicchio



Champignon



Chou romanesco

Smilla Diététique

Fruits & légumes de saison

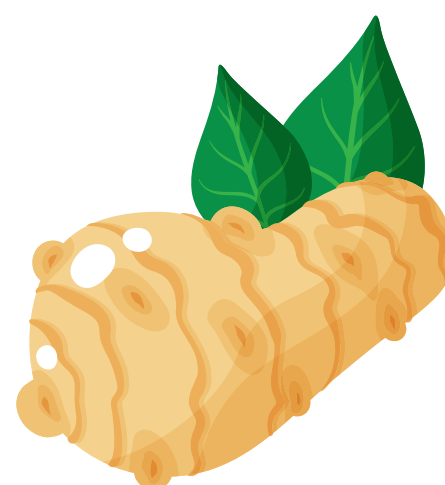
———— **Octobre** ————



Cresson



Mâche



Topinambour



Salsifis