DR. SERENA MISSORI
time to feel good

FRUTTA E VERDURA DI STAGIONE

il calendario annuale

Informazioni, ricette e consigli utili su:
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DR. SERENA MISSORI

time to feel good

CALENDARIO FRUTTA DI STAGIONE

	GEN	FEB	MAR	APR	MAG	GIU	LUG	AGO	SET	OTT	NOV	DIC
ALBICOCCHE	○	○	○	○	○	●	●	●	○	○	○	○
ANANAS	○	○	○	●	○	○	○	○	○	○	○	●
ANGURIA	○	○	○	○	○	●	●	●	○	○	○	○
ARANCE	●	●	●	●	●	○	○	○	○	○	●	●
AVOCADO	●	●	●	●	●	●	●	●	●	●	●	●
BANANE	○	●	●	●	○	○	○	○	○	○	○	○
CAKI	○	○	○	○	○	○	○	○	○	●	●	●
CASTAGNE	●	●	○	○	○	○	○	○	○	●	●	●
CILIEGIE	○	○	○	○	●	●	●	○	○	○	○	○
CLEMENTINE	●	●	●	○	○	○	○	○	○	●	●	●
FICHI	○	○	○	○	○	●	●	●	●	○	○	○
FRAGOLE	○	○	○	●	●	●	●	○	○	○	○	○
FRUTTI DI BOSCO	○	○	○	○	○	○	○	●	○	○	○	○
KIWI	●	●	●	●	●	○	○	○	○	●	●	●
LAMPONI	○	○	○	○	●	●	●	●	●	●	○	○
LIMONI	●	●	●	●	○	○	○	○	○	●	●	●
MANDARINI	●	●	●	○	○	○	○	○	○	○	●	●
MELE	●	●	●	●	●	○	○	●	●	●	●	●
MELEGRANE	○	○	○	○	○	○	○	○	●	●	●	○
MELONI	○	○	○	○	○	●	●	●	●	○	○	○
MIRTILLI	○	○	○	○	○	●	●	●	●	○	○	○
NESPOLE	○	○	○	●	●	○	○	○	○	○	○	○
NOCI	○	○	○	○	○	○	○	○	○	●	●	●
PERE	●	●	●	●	●	○	○	●	●	●	●	●
PESCHE	○	○	○	○	●	●	●	●	●	○	○	○
POMPELMO	●	●	●	●	●	○	○	○	○	○	●	●
SUSINE	○	○	○	○	○	●	●	●	●	○	○	○
UVA	○	○	○	○	○	○	●	●	●	●	●	○

	GEN	FEB	MAR	APR	MAG	GIU	LUG	AGO	SET	OTT	NOV	DIC
GEN	FEB	MAR	APR	MAG	GIU	LUG	AGO	SET	OTT	NOV	DIC	

CALENDARIO VERDURE DI STAGIONE

	GEN	FEB	MAR	APR	MAG	GIU	LUG	AGO	SET	OTT	NOV	DIC
AGLIO	○	○	○	●	●	○	○	○	○	○	○	○
ASPARAGI	○	○	●	●	●	●	○	○	○	○	○	○
BARBABIETOLE	●	●	●	●	○	○	○	○	●	●	●	●
BASILICO	○	○	●	●	●	●	●	●	●	●	○	○
BATATA	●	●	●	○	○	○	○	○	○	●	●	●
BIETA	●	●	●	○	○	○	○	○	●	●	●	●
BIETOLA DA COSTA	●	●	●	○	○	○	○	○	●	●	●	●
CARCIOFI	●	●	●	●	○	○	○	○	○	○	●	●
CAROTE	○	○	○	●	●	○	○	●	●	●	●	○
CAVOLFIORE	●	●	●	●	○	○	○	○	○	●	●	●
CAVOLO BROCCOLO	●	●	●	○	○	○	○	○	●	●	●	●
CAVOLO CAPPUCCIO	●	●	●	●	○	○	○	○	○	●	●	●
CAVOLINI BRUXELLES	●	●	○	○	○	○	○	○	●	●	○	○
CAVOLO VERZA	●	●	●	●	○	○	○	○	○	●	●	●
CETRIOLO	○	○	○	○	○	●	●	●	●	○	○	○
CICORIA	●	●	○	○	○	○	○	○	●	●	●	●
CIPOLLA	●	●	●	●	●	●	●	●	●	●	●	●
FAGIOLI	○	○	○	○	●	●	●	●	●	●	●	○
FAGIOLINI	○	○	○	○	●	●	●	●	●	○	○	○
FAVE	○	○	○	●	●	●	○	○	○	○	○	○
FINOCCHIO	●	●	●	●	●	○	○	○	○	●	●	●
INSALATA	●	●	●	●	●	●	●	●	●	●	●	●
MELANZANA	○	○	○	○	○	●	●	●	●	●	○	○
PATATA	●	●	●	●	●	●	●	●	●	●	●	●
PEPERONE	○	○	○	○	○	●	●	●	●	○	○	○
PISELLI	●	●	●	●	●	●	●	●	●	●	●	●
POMODORI	○	○	○	○	○	●	●	●	●	○	○	○
PORRI	●	●	●	●	○	○	○	○	●	●	●	●
PREZZEMOLO	●	●	●	●	●	●	●	●	●	●	●	●
RADICCHIO	●	●	●	●	○	○	○	○	○	●	●	●
RAVANELLO	○	○	○	●	●	●	●	●	●	○	○	○
SEDANO	●	●	●	●	●	●	●	●	●	●	●	●
SPINACI	●	●	●	●	○	○	○	○	○	●	●	●
ZUCCA	●	●	○	○	○	○	○	○	●	●	●	●
ZUCCHINE	○	○	○	○	○	●	●	●	●	○	○	○

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