

KALENDARZ SEZONOWOŚCI

warzywa

AnMa
Centrum Dietetyki

	I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
BAKŁAŻAN							●	●	●	●		
BOTWINKA				●	●	●	●					
BÓB					●	●	●					
BROKUŁ					●	●	●	●	●	●	●	●
BRUKSELKA	●	●	●						●	●	●	●
BURAK CZERWONY	●	●	●					●	●	●	●	●
CUKINIA						●	●	●	●	●		
DYNIA	●	●							●	●	●	●
FASOLKA SZPARAG.						●	●	●	●			
GROSZEK ZIELONY						●	●	●	●			
KALAFIOR					●	●	●	●	●	●	●	
KALAREPA					●	●	●	●	●	●	●	
KAPUSTA						●	●	●	●	●	●	●
KUKURYDZA							●	●	●			
MARCHEW	●	●	●				●	●	●	●	●	●
PAPRYKA						●	●	●	●	●		
POMIDOR						●	●	●	●	●		
POR	●	●	●			●	●	●	●	●	●	●
RABARBAR				●	●	●						
RZODKIEWKA			●	●	●	●	●	●	●	●		
SZPARAGI				●	●	●						

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Owoce

	I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
AGREST						●	●	●				
ANANAS	●	●	●	●							●	●
ARBUZ					●	●	●	●	●			
AWOKADO	●	●	●	●	●	●			●	●	●	●
BANAN	●	●								●	●	●
BRZOSKWINIA							●	●	●			
CZEREŚNIA						●	●					
DZIKA RÓŻA									●	●	●	●
GRUSZKA	●	●						●	●	●	●	●
JABŁKO	●	●						●	●	●	●	●
JAGODA							●	●	●			
JEŻYNA							●	●				
MALINA						●	●	●	●			
MORELA						●	●					
PIGWA									●	●		
POMARAŃCZA	●	●	●									●
POZIOMKA							●	●				
PORZECZKA						●	●	●				
ŚLIWKA									●	●		
TRUSKAWKA					●	●	●	●				
WIŚNIA						●	●					
ŻURAWINA									●	●	●	