






























































































































STAGIONALITÀ DELLA FRUTTA E VERDURA PIÙ COMUNE NEL LAZIO

| | Gen | Feb | Mar | Apr | Mag | Giu | Lug | Ago | Set | Ott | Nov | Dic |
|---|---|---|---|--|---|---|---|---|---|---|---|---|
| FRUTTA | | | | | | | | | | | | |
| <i>fave</i> | | | |  |  | | | | | | | |
| <i>fragole</i> | | | |  |  |  | | | | | | |
| <i>nespole</i> | | | | |  |  | | | | | | |
| <i>ciliegie</i> | | | | |  |  | | | | | | |
| <i>albicocche e pesche</i> | | | | |  |  |  |  | | | | |
| <i>angurie e meloni</i> | | | | | |  |  |  |  | | | |
| <i>pere</i> | | | | | |  |  |  |  | | | |
| <i>uve</i> | | | | | | |  |  |  |  |  | |
| <i>fichi d'India</i> | | | | | | | |  |  |  |  | |
| <i>cachi</i> | | | | | | | |  |  |  | | |
| <i>mele</i> | | | | | | | |  |  |  |  | |
| <i>kiwi</i> |  | | | | | | | |  |  |  |  |
| <i>Arance, mandarini e clementini,</i> |  |  |  | | | | | | | |  |  |
| <i>castagne</i> |  |  | | | | | | | |  |  |  |
| VERDURA | | | | | | | | | | | | |
| <i>broccoli, cavolfiori e broccoletti</i> |  |  |  |  | | | | |  |  |  |  |
| <i>cardi e gobbi</i> |  |  | | | | | | | | |  |  |
| <i>spinaci e bietole</i> |  |  |  |  |  | | | |  |  |  |  |
| <i>finocchi</i> |  |  |  | | | | | | |  |  |  |
| <i>carciofi</i> | |  |  |  |  | | | | | | | |
| <i>insalate</i> | | |  |  |  |  |  |  |  |  |  |  |
| <i>asparagi</i> | | |  |  |  | | | | | | | |
| <i>cicoria</i> | | |  |  |  |  | | |  |  |  | |
| <i>zucchine e cetrioli</i> | | | |  |  |  |  |  |  |  | | |
| <i>agretti</i> | | | |  |  | | | | | | | |
| <i>piselli</i> | | | | |  |  |  | | | | | |
| <i>pomodori, peperoni, melanzane</i> | | | | |  |  |  |  |  | | | |
| <i>fagiolini e fagioli freschi</i> | | | | | |  |  |  |  | | | |
| <i>patate</i> |  |  |  |  |  |  |  |  |  |  |  |  |
| <i>carote</i> |  |  |  |  |  |  |  |  |  |  |  |  |