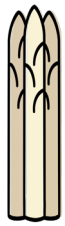
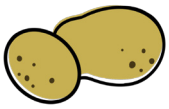
JUIN

Fruits & légumes belges disponibles chez nos producteurs


asperge blanche


pomme de terre

fève des marais

carotte botte

betterave rouge

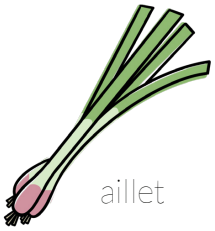
laitue

chou pointu

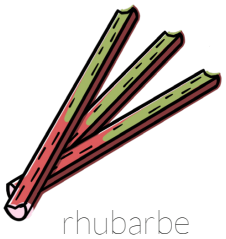
brocoli

fenouil

chou-fleur


aillet

persil plat


rhubarbe

persil frisé

fraise

chou rave

épinard

céleri vert

mesclun

navet

pois mange-tout

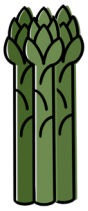
haricot nain

petit pois

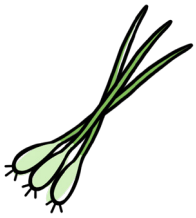
roquette

pourpier

radis rouge


asperge verte

bette


oignon ciboule

champignon brun

oignon frais

cerfeuil

L'assortiment peut varier en fonction de la météo et des quantités disponibles.

Comment les cuisiner? www.lespetitsproducteurs.be

Illustrations: art_of_jen