

Ingredients by the rhythm of the SEASONS

Spring	Summer	Autumn	Winter
cauliflower fennel green asparagus green beans lettuce peas radish spinach white asparagus	broccoli chard courgette corn cucumber eggplant green beans peppers tomato	all cabbages all mushrooms carrots celery root leek potato pumpkin - butternut romanesco sweet potato	all cabbages beetroot Brussels sprouts celery root endive Jerusalem artichokes potato radicchio turnip
blood orange rhubarb strawberry	all berries nectarine peach watermelon yellow melon	apple fig grape pear plum mandarin	all citrus fruits kiwi papaya persimmon pomegranate mango