



Seasonal fruit and vegetables

The calendar is based on seasons in Italy: it can shift by a few weeks between regions and from year to year. It's the same calendar you'll find in the Freshy app.

Vegetables

	J	F	M	A	M	J	J	A	S	O	N	D
Artichokes	●	●	●	●	●					●	●	●
Arugula				●	●	●	●	●	●			
Asparagus			●	●	●							
Basil				●	●	●	●	●				
Beans				●	●	●	●	●				
Bell Peppers					●	●	●	●	●			
Broad Beans				●	●	●	●	●				
Broccoli	●	●	●						●	●	●	●
Carrots	●	●	●	●	●	●	●	●	●	●	●	●
Cauliflower	●			●					●	●	●	
Celery		●	●	●	●	●	●	●	●	●	●	●
Cucumbers					●	●	●	●				
Eggplants					●	●	●	●				
Fennel	●	●	●	●					●	●	●	
Garlic	●	●	●	●	●	●	●	●	●	●	●	●
Green Beans				●	●	●	●	●				
Leeks	●	●	●	●					●	●	●	●
Mushrooms								●	●	●		
Onions	●	●	●	●	●	●	●	●	●	●	●	●
Parsley	●	●	●	●	●	●	●	●	●	●	●	●
Peas				●	●							
Potatoes	●	●	●	●	●	●	●	●	●	●	●	●
Pumpkin	●	●						●	●	●	●	●
Radicchio	●	●	●						●	●	●	
Radishes				●		●	●	●	●	●		
Salad			●	●	●	●	●	●	●	●	●	●
Savoy Cabbage	●	●	●						●	●	●	
Spinach		●	●	●	●				●	●	●	●
Spring Onions		●	●									
Tomatoes				●	●	●	●	●				
Turnips	●	●	●							●	●	●
Zucchini				●	●	●	●					

Fruit

	J	F	M	A	M	J	J	A	S	O	N	D
Apples	●	●	●	●	●			●	●	●	●	●
Apricots						●	●					
Avocado	●	●	●	●						●	●	
Bananas*	●	●	●	●	●	●	●	●	●	●	●	●
Blackberries							●	●	●			
Blueberries							●	●	●			
Cherries					●	●	●					
Chestnuts									●	●	●	
Clementines	●	●							●	●	●	
Currants						●	●	●				
Figs						●	●	●	●			
Grapefruits	●	●	●	●	●					●	●	
Grapes								●	●	●	●	
Hazelnuts								●	●	●		
Kiwi	●	●	●	●	●					●	●	
Lemons	●	●	●	●					●	●	●	
Mandarins	●	●								●	●	
Medlars				●	●							
Melons					●	●	●	●	●			
Oranges	●	●	●	●						●	●	
Peaches						●	●	●	●			
Pears	●	●	●	●	●			●	●	●	●	●
Persimmons									●	●	●	
Pineapple*	●	●	●	●						●	●	
Plums						●	●	●	●			
Plums							●	●	●			
Pomegranate									●	●	●	
Prickly Pears								●	●	●		
Raspberries					●	●	●	●	●	●		
Sour Cherries						●	●					
Strawberries				●	●	●	●	●				
Walnuts									●	●	●	●
Watermelons								●	●			



This calendar is always with you in the Freshy app, along with expiry reminders.

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* usually imported