

Grâce au calendrier de Swissmilk, la saison des produits suisses s'offre à vous en un coup d'œil.

local &  
de saison

Le produit que vous souhaitez acheter est-il encore ou déjà de saison? Pensez à vérifier sa provenance, car le moment de la récolte et les saisons varient chaque année.

[illegible][illegible][illegible][illegible]

## Fruits



|                | JAN | FÉV | MAR | AVR | MAI | JUIN | JUIL | AOÛ | SEP | OCT | NOV | DÉC |
|----------------|-----|-----|-----|-----|-----|------|------|-----|-----|-----|-----|-----|
| Abricots       |     |     |     |     |     |      |      |     |     |     |     |     |
| Cerises        |     |     |     |     |     |      |      |     |     |     |     |     |
| Coings         |     |     |     |     |     |      |      |     |     |     |     |     |
| Mirabelles     |     |     |     |     |     |      |      |     |     |     |     |     |
| Nectarines     |     |     |     |     |     |      |      |     |     |     |     |     |
| Pêches         |     |     |     |     |     |      |      |     |     |     |     |     |
| Poires         |     |     |     |     |     |      |      |     |     |     |     |     |
| Pruneaux       |     |     |     |     |     |      |      |     |     |     |     |     |
| Prunes         |     |     |     |     |     |      |      |     |     |     |     |     |
| Raisin         |     |     |     |     |     |      |      |     |     |     |     |     |
| Reines-claudes |     |     |     |     |     |      |      |     |     |     |     |     |

## Pommes



|                      | JAN | FÉV | MAR | AVR | MAI | JUIN | JUIL | AOÛ | SEP | OCT | NOV | DÉC |
|----------------------|-----|-----|-----|-----|-----|------|------|-----|-----|-----|-----|-----|
| Boskoop              |     |     |     |     |     |      |      |     |     |     |     |     |
| Braeburn             |     |     |     |     |     |      |      |     |     |     |     |     |
| Cox Orange           |     |     |     |     |     |      |      |     |     |     |     |     |
| Elstar               |     |     |     |     |     |      |      |     |     |     |     |     |
| Gala                 |     |     |     |     |     |      |      |     |     |     |     |     |
| Golden Delicious     |     |     |     |     |     |      |      |     |     |     |     |     |
| Gravenstein          |     |     |     |     |     |      |      |     |     |     |     |     |
| Idared               |     |     |     |     |     |      |      |     |     |     |     |     |
| Jazz®                |     |     |     |     |     |      |      |     |     |     |     |     |
| Jonagold             |     |     |     |     |     |      |      |     |     |     |     |     |
| Kanzi                |     |     |     |     |     |      |      |     |     |     |     |     |
| Maigold              |     |     |     |     |     |      |      |     |     |     |     |     |
| Mairac®              |     |     |     |     |     |      |      |     |     |     |     |     |
| Milwa (Diwa®)        |     |     |     |     |     |      |      |     |     |     |     |     |
| Pink Lady®           |     |     |     |     |     |      |      |     |     |     |     |     |
| Pomme cloche         |     |     |     |     |     |      |      |     |     |     |     |     |
| Rose de Berne        |     |     |     |     |     |      |      |     |     |     |     |     |
| RubINETTE            |     |     |     |     |     |      |      |     |     |     |     |     |
| Sauvergrauvech       |     |     |     |     |     |      |      |     |     |     |     |     |
| Summerred            |     |     |     |     |     |      |      |     |     |     |     |     |
| Topaz                |     |     |     |     |     |      |      |     |     |     |     |     |
| Transparente Blanche |     |     |     |     |     |      |      |     |     |     |     |     |

## Herbes & fleurs



|                     | JAN | FÉV | MAR | AVR | MAI | JUIN | JUIL | AOÛ | SEP | OCT | NOV | DÉC |
|---------------------|-----|-----|-----|-----|-----|------|------|-----|-----|-----|-----|-----|
| Ail des ours        |     |     |     |     |     |      |      |     |     |     |     |     |
| Aneth               |     |     |     |     |     |      |      |     |     |     |     |     |
| Aspérule odorante   |     |     |     |     |     |      |      |     |     |     |     |     |
| Basilic             |     |     |     |     |     |      |      |     |     |     |     |     |
| Bourrache           |     |     |     |     |     |      |      |     |     |     |     |     |
| Cerfeuil            |     |     |     |     |     |      |      |     |     |     |     |     |
| Ciboulette          |     |     |     |     |     |      |      |     |     |     |     |     |
| Cresson alénois     |     |     |     |     |     |      |      |     |     |     |     |     |
| Cresson de fontaine |     |     |     |     |     |      |      |     |     |     |     |     |
| Estragon            |     |     |     |     |     |      |      |     |     |     |     |     |
| Fleur de capucine   |     |     |     |     |     |      |      |     |     |     |     |     |
| Fleur de sureau     |     |     |     |     |     |      |      |     |     |     |     |     |
| Fleur de tilleul    |     |     |     |     |     |      |      |     |     |     |     |     |
| Hysope              |     |     |     |     |     |      |      |     |     |     |     |     |
| Livèche             |     |     |     |     |     |      |      |     |     |     |     |     |
| Marjolaine          |     |     |     |     |     |      |      |     |     |     |     |     |
| Mélisse             |     |     |     |     |     |      |      |     |     |     |     |     |
| Menthe              |     |     |     |     |     |      |      |     |     |     |     |     |
| Origan              |     |     |     |     |     |      |      |     |     |     |     |     |
| Ortie               |     |     |     |     |     |      |      |     |     |     |     |     |
| Oseille             |     |     |     |     |     |      |      |     |     |     |     |     |
| Pâquerette vivace   |     |     |     |     |     |      |      |     |     |     |     |     |
| Pélargonium         |     |     |     |     |     |      |      |     |     |     |     |     |
| Pensée              |     |     |     |     |     |      |      |     |     |     |     |     |
| Persil              |     |     |     |     |     |      |      |     |     |     |     |     |
| Pétales de rose     |     |     |     |     |     |      |      |     |     |     |     |     |
| Pissenlit           |     |     |     |     |     |      |      |     |     |     |     |     |
| Romarin             |     |     |     |     |     |      |      |     |     |     |     |     |
| Sarriette           |     |     |     |     |     |      |      |     |     |     |     |     |
| Sauge               |     |     |     |     |     |      |      |     |     |     |     |     |
| Souci               |     |     |     |     |     |      |      |     |     |     |     |     |
| Thym                |     |     |     |     |     |      |      |     |     |     |     |     |
| Verveine            |     |     |     |     |     |      |      |     |     |     |     |     |
| Violette            |     |     |     |     |     |      |      |     |     |     |     |     |

## Champignons



|                      | JAN | FÉV | MAR | AVR | MAI | JUIN | JUIL | AOÛ | SEP | OCT | NOV | DÉC |
|----------------------|-----|-----|-----|-----|-----|------|------|-----|-----|-----|-----|-----|
| Bolet (cèpe)         |     |     |     |     |     |      |      |     |     |     |     |     |
| Champignon de Paris  |     |     |     |     |     |      |      |     |     |     |     |     |
| Chanterelle          |     |     |     |     |     |      |      |     |     |     |     |     |
| Corne d'abondance    |     |     |     |     |     |      |      |     |     |     |     |     |
| Morille              |     |     |     |     |     |      |      |     |     |     |     |     |
| Pleurote             |     |     |     |     |     |      |      |     |     |     |     |     |
| Pleurote du panicaut |     |     |     |     |     |      |      |     |     |     |     |     |
| Shiitake             |     |     |     |     |     |      |      |     |     |     |     |     |
| Truffe blanche       |     |     |     |     |     |      |      |     |     |     |     |     |
| Truffe noire         |     |     |     |     |     |      |      |     |     |     |     |     |

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Vous aimez les recettes de saison avec des  
ingrédients suisses? Découvrez-en toute la diversité sur  
[swissmilk.ch/recettes](https://swissmilk.ch/recettes)