

# [ LES PRODUCTEURS ET ARTISANS ]

*Pyrénées 2 vallées*



**PYRENEES**  
**2 VALLEES**  
AURE - LOURON





# Quelques Repères

## LÉGENDE

Routes secondaires

Routes principales

Torrents, rivières

Sommets majeurs



Gares SNCF



Aéroports

Territoire Pyrénées 2 vallées

Frontière Franco-espagnole

GR 105

GR 10

Offices de Tourisme

Cœurs emblématiques GSO

Péage/stationnement payant

Cols mythiques du Tour de France

Domaine nordique ski de fond

Domaine de ski alpin

Tunnel routier

Espace naturel protégé

Eglise importante







# EAT LOCAL

**This guide lists producers who sell directly:**

- at local markets
- at points of sale in the region.

**Support local farmers by buying local products!**

**Thanks to the diversity of produce available in the region, this guide will help you fill your shopping basket with 100% local food**



# FRUIT AND VEGETABLES

## JARDIN DE L'HUMUS



**Production and direct sale of organically grown plants and vegetables**

Direct sales: Wednesday : 14:00-19:00

Tél: 06 30 94 28 85

Address : 65410 Ilhet



## AU JARDIN DES JOURS HEUREUX



Growing seasonal fruit and vegetables without pesticides or chemical fertilisers, respecting the environment and consumers.

Direct sales: (Monday - Wednesday - Friday) 5:00 p.m. to 8:00 p.m. (times may vary, please check their Facebook page)

Market sales: Arreau - Saint Lary

Tél: 06 88 12 73 53

Address : Rte d'Arreau, 65240 Grézian

## LES VERGERS DE GARDELOUP



Production of fresh or processed products, some vegetables, perfume plants, herbs and medicinal plants. The orchards are maintained by Denis, who is an experienced arborist.

Direct sales: Indirect sales: Aure Valley (Biocoop Arreau/Lannemezan)

Tél : 06 92 87 68 65

Address : Cami de Arias 65170 Tramezaygues



## FORTIER PIERRE



Organic vegetable gardener

Market sales: Arreau - Saint Lary

Tél: 06 43 66 26 79

Address : Hameau de Saubissan 65170 Guchan



## LA NATURE A DU GOÛT



Picking and processing wild plants: nettle or wild garlic soup, sarroux garbure, sweet jellies, fresh birch sap

Direct sales by appointment

Market sales: Arreau- Saint Lary : May to October

Tél: 06 72 94 65 15

Address : 2 Rue Notre Dame 65590 Bordères-Louron





# CHEESE AND DAIRY PRODUCTS

## LA CHEVRERIE DE GOUAUX



Sale of farmhouse cheeses (goat)

Direct sales: Mon-Tue-Wed-Fri-Sun

-School holidays (11:00am-12:30pm / 4:30pm-7:00pm)

-Outside school holidays (11:00am-12:00pm / 5:30pm-7:00pm)

Visits: every day at 5:30pm from late December to late September

Markets: Arreau - Saint Lary

Tel: 06 22 98 08 90

Address : 2 route forestière, 65240 Gouaux

## LE PTIT D'ENS



Sale of farmhouse cheese (goat and sheep)

Direct sales: 5:00 p.m. to 7:00 p.m. (every day)

Market sales: Arreau - Saint Lary

Address: D116, 65170 Ens

Tél: 06 21 34 42 38

## LE DIABLE DE MONT



Production of farmhouse sheep's and cow's milk cheeses and dairy products

Market sales: Arreau - Saint Lary

Address : 11 Carrere Debat, 65240 Mont

Tel : 05 62 99 60 90

## FROMAGE MAISON FERO



Montbéliarde cow's milk farm cheese

Direct sales: Every day (6:00 p.m. to 7:30 p.m.)

Market sales: Arreau - Saint Lary

Tel : 06 81 84 38 64

Address : Vallée du Louron Route de Génos, 65240 Adervielle-Pouchergues



# CHEESE AND DAIRY PRODUCTS

## FERME DES CARLINES



Production of fresh or mature cheese and dairy products according to the season

Direct sales: 4:30 p.m. to 6:30 p.m. every day (hours may vary depending on the season) + farm tours every day around 5:00 p.m. except Sundays

Market sales: Arreau - Saint Lary

Address: 65240 Aulon

Tel : 06 06 49 18 77



## LES CHEVRES DE JEZEAU



Production of farmhouse cheese made from raw goat's milk: crottins, lingot, calambique, tomme, faisselle, fromage blanc.

Direct sales:

Market sales: Arreau - Saint Lary

Address : 65240 JEZEAU

Tél : 06 68 71 33 32

## CABRI Ô LAIT



Production of farmhouse goat's milk cheese: crottins, bricks, ash-coated cheese and a few surprises such as cheese with figs or hazelnuts.

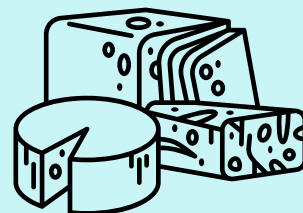
Farm visits

Direct sales:

Market sales: Arreau - Saint Lary

Address : Route de Gouaux 65240 CADEAC

Tél : 06 40 11 52 59





# MEAT PRODUCERS

NAME OF MEAT PRODUCER	PRODUCTS	SALES METHOD	LABELS	CONTACT
PAUCIS JEAN ET JULIEN	Production of beef and veal	TEL		TEL : 06 84 75 19 76 ADDESS : 65170 Vielle Aure
CHRISTOPHE VINCENT	Production of horse, lamb and mutton meat	TEL		TEL : 06 65 06 57 46 ADDRESS : 7 Rue de la Hount Debat Ancizan
VERGE LOUIS	Production of beef, veal, mutton and lamb	TEL		TEL : 06 74 19 41 65 ADDRESS : 65170 Campanan
SALADON CLAUDE	Veal production	TEL		TEL : 06 76 19 92 10 ADDRESS : 65170 Bazus-Aure
MAGNE ARNOUD	Lamb meat production	TEL		TEL : 06 01 44 25 87 ADDRESS : 65240 Cadéac
FISSE CAMILLE & TINEYRE JEROME	Production of meat from Aurois lambs	TEL		TEL : 06 29 33 57 93 ADRESS: le village 65240 Aulon
SOLLE MAXIME	Lamb and beef production	TEL		TEL: 06 30 04 99 87 ADDRESS: le village 65440 Ancizan
LE GAEC DE CHERMENTAS	Production of beef and veal	TEL		TEL: 06 43 41 37 58 ADDRESS: 4 Rue Cap deth Bié 65170 Bazus-Aure



# MEAT/FISH

## LA FERME VIGNECOISE



The Coustalat family is delighted to welcome you to this beautiful valley in the Pyrenees and to offer you local produce, particularly Bigorre Black Pork.

Additive-free products (naturally preserved): fattened ducks, Bigorre Black Pork, calves and summer-fed beef.

Direct sales: 9:00 a.m. to 12:00 p.m./2:00 p.m. to 6:00 p.m. (Monday to Saturday)      Market sales: Arreau - Saint Lary

Tél : 05 62 39 48 09

Address : RD 813, Quartier Arreclots, 65170 Vignec

## LES TRUITES DU ROCHER



Production of Pyrenean trout

Please call for further information.

Production

Market sales: Arreau

Tél : 07 86 51 66 41

Address : Chemin de Medas 65590 Bordères Louron

## PATÉ DE BREBIS - JEAN BERNARD CASTERAN



Production of sheep pâté and sausage from transhumant herds.

Contact us for further information.

Tél : 06 08 26 88 36

Address: Village 65590 CAZAUX-DEBAT

## AUX PETITS OIGNONS



Production of artisanal charcuterie, takeaway meals, wine and beer cellar, artisanal preserves

Direct sales: 9:00 a.m. to 12:30 p.m. (Tuesday to Saturday)

Market sales: Arreau - Saint Lary

Tél : 05 62 43 31 53

Address : 2 Rte de l'Arbizon, 65440 Ancizan

## FOURCADE CLAIRE



Sale of processed artisanal products (duck, foie gras, preserves, meat, poultry, game, beef, veal)

Please call for further information.

Market sales: Arreau- Saint Lary

Tél : 06 89 53 48 45

Address : Route d'Agos 65170 Vielle Aure



# HONEYS

## MIELLERIE ENS



Honey production

Tél : 05 62 40 05 01

Address : 65170 Ens

## MIEL - MORTAGNE Martin



Production of honey, jams, honey lozenges and gingerbread  
Market sales: Arreau - Vielle-Aure

Mail : [louronmiel@gmail.com](mailto:louronmiel@gmail.com)

Address : 65240 AVAJAN

## LE RUCHER DE MALOU



Production of honey, jams, honey lozenges and gingerbread

Direct sales: 5:00 p.m. to 8:00 p.m. (every day during the season)

Market sales: Loudenvielle market during the winter holidays -  
Bordères-Louron

Tél : 06 19 63 15 71

Address : 10 CHEMIN NOTRE DAME, 65590 Bordères-Louron





# HONEYS

## MIELLERIE D'AURE



La Miellerie d'Aure only produces honey harvested from wild flowers, mainly in the mountains, at altitudes between 700 and 2,200 metres.

Direct sales: 5pm to 7pm and by appointment during the off-season  
Indirect sales: Relais du Néouvielle in Fabian, Maison du Patrimoine and Gourmandises Montagnardes shop in Saint-Lary-Soulan, Refuge d'Orédon in summer in the Néouvielle Massif and Le Pain Enneigé bakery in winter in Piau-Engaly.

Market sales: Arreau (if sufficient stock) - Saint Lary

Tél : 06 01 78 07 91

Address : 65170 Aragnouet



## MIELLERIE SAILHAN



Honey production  
3 harvests per year  
Candle production

Tél : 06 18 40 14 92

Address : Route d'Estansan 65170 SAILHAN

## MIELLERIE AULON



Honey production  
Shop open every day during the summer from 2pm to 7pm  
The rest of the year by appointment

Tél : 06 99 18 88 10

Address : le village 65240 AULON

# Cakes, Biscuits, Pastries, Ice cream, Jams, Spices, Plants

## HISTOIRE DE GÂTEAU



Artisanal production of wood-fired spit cakes, cooking demonstrations (free tour), sale of regional products: beers, preserves, bee products, cured meats, confectionery, wines, jams and cheeses.

Direct sales:

9:00 a.m. to 12:00 p.m./3:00 p.m. to 6:30 p.m. (Monday to Saturday)

9:00 a.m. to 12:00 p.m. (Sunday)

Market sales: Arreau - Saint Lary

Tél : 06 70 90 17 75

Address : 2 Rte de l'Arbizon, 65440 Ancizan

## MAISON DU GÂTEAU A LA BROCHE



Production of spit-roasted cakes (a Pyrenean speciality)

Direct sales: 9:30 a.m.–12:30 p.m./3:00 p.m.–7:00 p.m. (every day)

Market sales: Arreau - Saint Lary

Tél : 05 62 99 65 15

Address : 29 Rue des Fougères, 65170 Saint-Lary-Soulan

## LA BROCHE DU LOURON



Production and sale of spit-roasted cakes and blueberry pies

Direct sales: 10:00–18:30 (Fri–Sat–Sun)

Market sales: Arreau - Saint Lary

Tél : 05 62 39 76 74

Address : 12 Rue du Pic des Gourgs Blancs, 65510 Loudenvielle

## GOURMANDISES MONTAGNARDES



Artisanal production of spit-roasted cakes and pies

Hours: 9:30 a.m. to 12:30 p.m./3:00 p.m. to 7:00 p.m. (every day)

Tél : 05 62 39 56 59 (Saint Lary)

05 62 40 11 35 (Arreau)

Address : 49 Rue Vincent Mir 65170, SAINT-LARY SOULAN,  
24 Grande Rue, 65240 Arreau



# Cakes, Biscuits, Pastries, Ice cream, Jams, Spices, Plants

## LA PASTA DI NINA



100% homemade fresh pasta made in the Aure Valley

Market sales: Arreau Thursday morning - Saint-Lary Saturday morning

Tél : 06 87 65 70 81

Address : Village 65170 SAILHAN

## L'HERBORISTERIE BOHEME



Cosmetic herbal teas and other preparations made from aromatic and medicinal plants. Grown in the Pyrenees, by hand and with love...

Online sales on website + in various shops

Tél : 06 11 64 31 59

Address : Quartier Tourtères 65410 ILHET



## LAETY PLANTES EN AURE



Production of aromatic plants and edible flowers

Market sales: Market sales: Arreau - Saint Lary

Tél : 06.49.30.91.91

Address : Route d'Arreau 65240 GREZIAN



# Cakes, Biscuits, Pastries, Ice cream, Jams, Spices, Plants

## LES PAINS DE NANETTE



Production of homemade bread

Direct sales: 4:00 p.m. to 7:30 p.m. (Tuesday and Friday)

Tél : 06 71 88 04 77

Address : Chem. de Peyrelade, 65170 Vignec

## PAIN EN AURE



Traditional organic bread made with pure organic sourdough and ancient grains

Direct sales:

4pm-7pm (Tues-Wed-Fri)

8am-12pm (Thurs-Sat)

Market sales: Arreau - Luchon

Tél : 05 62 39 50 10

Address : 1 Bis Av. Calamun, 65240 Arreau



## PAIN DES BOIS



Sourdough bread, kneaded by hand and baked in our wood-fired oven.  
Artisanal pastries and cakes

Direct sales:

Wednesday to Sunday from 2pm to 5pm.

Outside school holidays: Wednesday to Saturday from 2pm to 5pm.

Market sales: Arreau - Luchon

Tél : 07 82 72 15 04

Address: Village 65590 Cazaux-Fréchet



## LES FLOCONS PYRENEENS



Production of a wide range of chocolates and homemade specialties, made in the workshop in La Barthe de Neste.

Direct booking:

La Barthe de Neste: Monday to Saturday, 9am to 12pm and 2pm to 7pm.

Saint Lary: Tuesday to Saturday, 9.30am to 12.30pm and 3pm to 7pm.

Tél : 05 62 98 82 26

Address : 6 Grande Rue, 65250 La Barthe-de-Neste

14 rue Vincent Mir 65170 St Lary Soulan





# Cakes, Biscuits, Pastries, Ice cream, Jams, Spices, Plants

## AU P'TIT AUROIS



A small grocery shop showcasing local products from the Hautes-Pyrénées: fruit, vegetables, cheese, honey, craft beer, and more. All sourced from producers located within 40 km, for authentic, locally sourced produce.

Tél : 06 79 73 06 57

Address : 32 grande rue 65240 ARREAU



## ARTISANAL JAMS



Production of artisanal jams cooked in copper pots

Jams made from fruit harvested in the Louron Valley: wild blueberries, blackberries, apples, elderberries, garden raspberries, dandelions, quinces

Market sales: Market sales: Arreau - Saint Lary

Tél : 06 61 50 04 61

Address : ARMENTEULE 65510 LOUDENVIELLE

## GLACERIE MADAME MONSIEUR



Open all year round, offering 100% homemade pastries, ice creams, sorbets and Viennese pastries, made with carefully selected ingredients sourced from the finest regions.

Tél : 05 62 40 66 75

Address : Route d 'Autun 65170 Vielle-Aure



# LOCAL DRINKS

## BRASSERIE 2831



Small-scale production of three types of beer, made from carefully selected organic ingredients and high-quality mountain water, protected from all sources of pollution.

Available for purchase at: Auberge des Aryelets, Relais des Aryelets, or Biocoop Versant Bio in Arreau.

Tél : 06 82 95 92 73

Address : Le village 65240 AULON

## SECRET DES PYRENEES



Sparkling wine made from raspberries

Online sales on the website

Tél : 06 95 51 55 55

Address : D316, 65240 Loudervielle



## BRASSERIE L'AOUCATTAISE - SARL NAFAR



Production of craft mountain beers, during which the entire production process will be explained to you during a tour on Thursdays (booking required).

Direct sales: 11:00 a.m.–12:30 p.m./1:30 p.m.–5:00 p.m. (every day)

Tél : 06 31 94 11 18

Address : 3 Pl. de la Gare, 65240 Arreau



# ARTISANS

## LES SAVONS D'AURE



Production of handmade soaps using an ancient process: cold saponification. Production workshop by appointment.

Direct sales:

10:00-12:30/15:00-19:00 (Thu-Fri)

16:00-19:00 (Sat)

Tél : 06 22 77 85 55

Address : 25 Grande Rue, 65240 Arreau

## MOHAIR D'AULON EN PYRENEES



French artisanal production of mohair wool from Angora goats living at an altitude of over 1,230 metres.

Direct sales:

3pm-6pm (Tuesday to Friday during school holidays in all areas)

3pm-6pm (Fri in June and September)

Rest of the year: BY APPOINTMENT

Guided tour of the farm: €4 adults, €3 children under 12

Online sales: website

Market sales: Arreau - Saint Lary

Tél : 06 21 02 87 37

Address: Village, 65240 Aulon

## LA FILATURE DE LAINE



Production of natural fibres and sale of textiles (sheep, merino, yak, camel, linen, silk, alpaca, baby alpaca, paper, angora, hemp, organic wool, and much more!)

Direct sales:

School holidays: Monday to Friday from 2pm to 6pm

4pm to 7pm (Saturday)

Outside school holidays: Monday, Tuesday, Thursday and Friday from 2pm to 6pm

Tél : 06 83 06 24 62

Address : 9 Rue Sainte-Quitterie, 65410 Sarrancolin

## ATOHI CREATION



Craftsman who works with handmade products made from wood. Manufacture of 'rustic furniture', accessories and objects.

Please call for further information.

Tél : 06 48 05 65 53

Address : 46 Grand Rue 65240 Arreau

# ARTISANS

## L'ATELIER DE KARINA



Manufacture of various handmade wool items

Direct sales:

2:00 p.m. to 5:00 p.m. (Sunday)

2:00 p.m. to 6:00 p.m. (Monday to Wednesday)

Tél : 06 80 01 52 63

Address: 2 Cami Vieilh, 65170 Bourisp

## SAVON DES HADETS



Handcrafted cold-process natural soaps with local fragrances

Direct sales: Mondays, Wednesdays and Fridays from 3.30pm to 6.30pm

Local markets: Arreau - Saint Lary -Loudenvielle

Tél : 06 84 50 03 82

Address : Rue Campeyroux, 65240 Vielle-Louron



## LA RECADE



Creation of traditional embroidery and hand-made counted stitches

Contact by telephone

Tél : 06 88 17 25 22

Address : 65170, SAINT-LARY-SOULAN,

## SCIERIE ROUGER



Local, traditional sawmill. Sale of wooden decorative items. Sale of custom-made furniture.

Please call for further information.

Tél : 06 85 54 42 04

Address : KM5, 8 chemin du Moulin, scierie, 65170 Bazus-Aure

## CAMILLE.R



Creation of unique cyanotypes, playing with sunlight and wildflowers to capture the subtle beauty of nature. My creations come to life in the form of handcrafted decorations and lamps, where transparency reveals their full poetic potential.

Tél : 06 80 42 52 69

Address : Chaubère 65170 Aragnouet



# ARTISANS

## L'EPINGLE SEDUISANTE



Creation of clothing and accessories made from second-hand fabrics

Market sales: Arreau on Thursday mornings, Sunday mornings (summer only) in Bordères Louron

Tél : 06 23 79 50 09

Address : 15 route de Luchon 65240 AVAJAN

## MAROQUINERIE VOILA



Workshop for creation, repair and transmission

Market sales: Arreau - Saint Lary

Tél : 06 89 26 79 80

Address: 65240 ARREAU

## CAPRI L'ATELIER



Workshop-shop: ceramics made on site

Open all year round, with no fixed hours. To ensure I am available when you visit, please make an appointment.

Tél : 06 16 06 56 52

Address : 8 Quai de la Neste 65240 ARREAU

## ATELIER MARELHA



Avez Marelha creates responsibly, expert in natural textiles from the Pyrenees.

From idea to finished product, we bring your creations to life.

Innovate locally, dress sustainably – your ally in ethical fashion.

Tél : 06 62 37 84 13.

Address : 1 Impasse de la Couménie -La Soulane 65240 JEZEAU

## Bakeries, Pastry shops

- **BOULANGERIE L'ÉPI D'AURE**  
Address: 2 rue de Sailhan, 65170 SAINT LARY  
Tél: 05 62 39 40 08

Address: 2 rue de Sailhan,65170 SAINT LARY

Tél: 05 62 39 40 08

- **LE FOURNIL DE L'OURS**  
Address: 1, route d'Autun, Coume Lague Lieu Dit, 65170 VIELLE AURE  
Tél: 05 62 39 40 08

Address: 1, route d'Autun, Coume Lague Lieu Dit, 65170 VIELLE AURE

Tél: 05 62 39 40 08

- **LE FOURNIL DES NESTES**  
Address: 23 route d'Espagne, 65410 SARRANCOLIN  
Tél: 05 62 40 90 31

Address: 23 route d'Espagne, 65410 SARRANCOLIN

Tél: 05 62 40 90 31

- **LE FOURNIL**  
Address: 29 rue des fougères, 65170 SAINT LARY  
Tél: 05 62 39 18 08

Address: 29 rue des fougères, 65170 SAINT LARY

Tél: 05 62 39 18 08

- **LA BONBONNIERE**  
Address: 45 route de la Vallée d'Aure, 65440 GUCHEN  
Tél: 05 62 39 91 50

Address: 45 route de la Vallée d'Aure, 65440 GUCHEN

Tél: 05 62 39 91 50

- **LE FOURNIL DE SAINT LARY**  
Address: 1 route d'Autun 65170 SAINT LARY  
Tél: 05 62 40 03 30

Address: 1 route d'Autun 65170 SAINT LARY

Tél: 05 62 40 03 30





# Our destination magazine



Available in digital  
format

**PYRENEES  
2 VALLEES**  
AURE - LOURON



# Markets

## SARRANCOLIN

Every **Saturday morning**, visit the Sarrancolin market in the covered market hall in the heart of the village.

## ARREAU

Don't miss this unmissable event at the crossroads of the valleys. Come and discover the traditional market in Arreau every **Thursday morning**.

## SAINT-LARY

Every **Saturday morning**, the market in Saint-Lary-Soulan is an unmissable event in the resort's calendar.

Parking Ardoune

## SEASONALS

## VIELLE-AURE

Every **Tuesday morning during the school holidays**, come and meet local producers at the market hall.

## LOUDENVIELLE

Loudenvielle hosts a market every **Tuesday from 3pm to 7.30pm** in the village square during school holidays.

## GENOS

This market takes place every **Thursday from 5 p.m. during the summer** on the village square.

## BORDERES-LOURON

This market takes place every **Sunday from 8 a.m. to 1 p.m.** on the village square during the summer season.

### Transport on demand

Consider the shuttle buses that will take you to the markets in Arreau:

**Reservations on 0805 608 100 by Wednesday at 12 noon at the latest.**

Price: €2 return



# DETAILS OF LABELS



Esprit Parc National is a brand created in 2015 under which various products and services can be marketed in regions close to French national parks.



Organic farming is a method of agricultural production that aims to respect natural systems and cycles, maintain and improve the condition of the soil, water and air, the health of plants and animals, and the balance between them.



The Label Rouge is a national certification mark that allows you to identify products that are of a higher quality than similar products. This label has been in existence for nearly 60 years: in 1965, Landes chicken became the first product to carry the Label Rouge.



Farmers in the Bienvenue à la ferme network are committed to offering high-quality farm produce, providing their guests with a personalised and professional welcome in a well-maintained environment, and acting as ambassadors for sustainable and responsible agriculture rooted in the local terroir.



HaPy Saveurs is a collective brand for the Hautes-Pyrénées region, launched in 2015 by the Ambition Pyrénées association, which aims to promote local food products and strengthen short supply chains, from producer to consumer. It brings together restaurateurs, artisans and local retailers (around 100 professionals), promoting quality, economic fairness and the circular economy in the region.

## Détails of logos



Presence in local markets



Direct sales at the farm

For your health: engage in regular physical activity.  
Alcohol abuse is dangerous for your health; consume in moderation.

# SEASONAL PRODUCTS

## JANUARY

### FRUITS

Apple  
Pear  
Kiwi  
Lemon  
Clementine  
Walnut

### VEGETABLES

Spinach  
Potimarron  
squash  
Squash  
Swiss chard  
Carrot  
Celery  
Cabbage  
Shallot  
Turnip  
Leek  
Parsnip  
Beetroot  
Black radish  
Chicory  
Onion  
Garlic

## FEBRUARY

### FRUITS

Apple  
Pear  
Kiwi  
Lemon  
Clementine  
Pomelos

### VEGETABLES

Spinach  
Potimarron  
squash  
Squash  
Swiss chard  
Carrot  
Celery  
Cabbage  
Turnip  
Leek  
Parsnip  
Beetroot  
Black radish  
Chicory  
Shallot  
Onion  
Garlic

## MARS

### FRUITS

Apple  
Pear  
Kiwi  
Lemon  
Clementine  
Pomelos

### VEGETABLES

Spinach  
Potimarron  
squash  
Swiss chard  
Celery  
Leek  
Parsnip  
Cabbage  
Turnip  
White onion  
Black radish  
Pink radish  
Endive  
Asparagus

## APRIL

### FRUITS

Apple  
Kiwi  
Rhubarb  
Lemon  
Pomelo

### VEGETABLES

Broad beans  
Spinach  
Swiss chard  
Celery  
Onions  
White radishes  
Pink radishes  
Asparagus  
Carrot  
Garlic  
chives  
Cabbage  
Turnip  
Endive  
Leeks

## MAY

### FRUITS

Strawberry  
Cherry  
Pomelo  
Rhubarb

### VEGETABLES

Cauliflower,  
garlic  
Pink radish  
Asparagus  
Artichoke  
Cabbage  
New potatoes  
White onion  
Celery  
Courgette  
Small weight  
Broad bean  
Fennel  
Carrot  
Leek  
Spinach  
Garlic chive  
Turnip

## JUNE

### FRUITS

Strawberry  
Raspberry  
Cherry  
Apricot  
Melon  
Peach  
Pommelos

### VEGETABLES

White onion  
Fennel  
Tomato  
Potato  
Green beans  
Courgettes  
Aubergines  
Peas  
Peppers  
Broad beans,  
celery  
Carrots  
Turnips  
Broccoli  
Garlic  
Pink radish  
Cabbage  
Cucumber  
Leek  
Artichoke  
Beetroot  
Swiss chard

## JULY

### FRUITS

Apricot  
Nectarine  
Blackcurrant  
Cherry  
Strawberry  
Raspberry  
Blueberry  
Melon  
Plum  
Fig  
Peach  
Watermelon  
Pear

### VEGETABLES

Broccoli  
Pink radish  
Cucumber  
Artichoke  
Swiss chard  
Fennel  
Green beans  
Sweetcorn  
New potatoes

## AUGUST

### FRUITS

Apricot  
Peach  
Plum  
Grape  
Melon  
Watermelon  
Fig  
Strawberry  
Raspberry  
Pear  
Apple  
Mirabelle  
plum

### VEGETABLES

Broccoli  
Pink radish  
Cucumber  
Artichoke  
New potatoes  
Leek  
Swiss chard  
Fennel  
Carrot

## SEPTEMBER

### FRUITS

Quince  
Fig  
Grape  
Walnut  
Peach  
Plum  
Watermelon  
Melon  
Pear  
Apple, Blackberry

### VEGETABLES

Cucumber  
Squash  
Green beans  
Sweetcorn  
Peppers  
Swiss chard  
Turnips  
Cabbage  
Radishes  
Courgettes  
Onion  
Shallot  
Artichoke  
Bean  
Fennel  
Leek  
Potimarron  
squash

## OCTOBER

### FRUITS

Apple  
Pear  
Grape  
Walnut  
Chestnut  
Peach  
Fig  
Quince  
Raspberry  
Blueberry  
Blackberry

### VEGETABLES

Cucumber  
Squash  
Beans  
Radishes  
Artichokes  
Spinach  
Pumpkin  
Celery  
Aubergine

## NOVEMBER

### FRUITS

Chestnut  
Persimmon  
Clementine  
Mandarin  
Pear  
Apple  
Kiwi  
Orange  
Grape  
Walnut

### VEGETABLES

Cabbage  
Shallots  
Radishes  
Celery  
Garlic, Swiss chard  
Squash  
Turnips  
Broccoli  
Parsnips  
Onion  
Artichoke  
Fennel  
Carrot  
Leek  
Potimarron

## DECEMBER

### FRUITS

Kiwi  
Mandarin  
Pear  
Apple  
Clementine  
Walnut

### VEGETABLES

Cabbage  
Black radish  
Celery  
Cardoon  
Swiss chard  
Potimarron  
squash  
Onion  
Salsify  
Fennel  
Spinach  
Squash  
Turnip  
Parsnip  
Carrot  
Leek  
Shallot



We value your opinion!



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