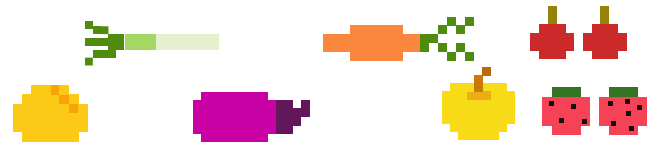




seasonal food

time of consumption of the main fruits and vegetables in Mallorca

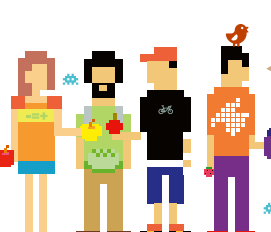


	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec	
apricot													
aubergine													
garlic													
chard													
persimmon													
pumpkin													
squash													
artichoke													
cherry													
cucumber													
cabbage													
cauliflower and broccoli													
lettuce													
escarole													
spinach													
broad bean													
fig	Jan	Feb	Mar	Apr									
strawberry													
spring onions					May	Jun							
lemon													
pomegranate							Jul	Aug	Sept				
tangerine										clementine →			
peach										Oct	Nov	Dec	
melon													
bean													
sweet potato													
nectarine													
loquat													
carrot													
pepper													
pear													
peas													
apple													
plum													
grape													
radish													
watermelon													
orange													
tomato													
harvest time	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec	

These are the main seasons for consuming the main fruits and vegetables grown in Mallorca, in a traditional way, without forcing their natural cycles. Other foods like parsley, leek, turnip, radishes and beet can be harvested all year round, with the help of irrigation. Dried garlic, tomatoes, potatoes, onions, dried vegetables and nuts can also be preserved naturally all year round.



Today we can find any fruit and vegetable in stores and markets, whatever the season. This is because these foods are grown in other parts of the world and transported here over long distances. They may also have been stored for a long time or grown out of season, using techniques that alter the natural rhythms of the crops (phytosanitary products, greenhouses...).



Buy local and seasonal foods, they are of higher quality, fresher and cheaper... and if they are local and organic varieties, even better! Every Tuesday and Saturday you will find us at the Organic Market in Palma. Almost all of these foods have local varieties. All info at: www.varietatslocals.org

