

# On mange quoi ce mois-ci ?

## - Octobre -



WATER FAMILY  
DU FLOCON À LA VAGUE

### Légumes !



Artichaut



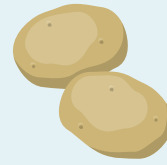
Radis



Fenouil



Betterave



Pomme de terre



Haricot



Aubergine



Navet



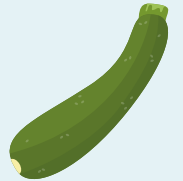
Chou



Carotte



Poivron



Courgette



Chou de Bruxelles



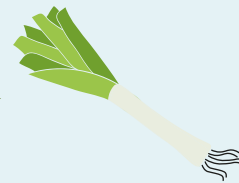
Courge



Concombre



Maïs



Poireau



Céleri

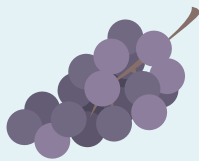
### Fruits !



Kiwi



Figue



Raisin



Pomme



Poire



Framboise



Coing



Châtaigne



Noix

### Poissons !



Merlan



Sardine et maquereau



Hareng



Limande



Moule



Truite



Haddock



Carpe



Dorade