



Jardins & Vergers en Permaculture

Ingénierie Personnalisée
Création - Accompagnement - Formation

<http://7emejour.fr>

contact@7emejour.fr

☎ 06.19.38.04.57

Calendrier Des Semis

Semis **S & R** **Récolte**

| Lune | Année 1 | | | | | | | | | | | | Année 2 | | | | | |
|---------------------------------|---------|------|------|-------|----------------------|------|---------|------|------|------|------|------|---------|------|------|-------|-----|------|
| | Jan | Fév. | Mars | Avril | Mai | Juin | Juillet | Août | Sep. | Oct. | Nov. | Déc. | Jan | Fév. | Mars | Avril | Mai | Juin |
| Ail Blanc & Violet (Pl. Caïeux) | Desc. | | | | | | | | | | | | | | | | | |
| Ail Rose (Pl. Caïeux) | Desc. | | | | | | | | | | | | | | | | | |
| Artichaut (Pl) | Desc. | | | | | | | | | | | | | | | | | |
| Asperge (Pl. Griffes) | Mont. | | | | 3 ^e Année | | | | | | | | | | | | | |
| Aubergine | Mont. | | | | | | | | | | | | | | | | | |
| Betterave | Desc. | | | | | | | | | | | | | | | | | |
| Cardon | Mont. | | | | | | | | | | | | | | | | | |
| Carotte | Desc. | | | | | | | | | | | | | | | | | |
| Céleri Branche | Mont. | | | | | | | | | | | | | | | | | |
| Céleri Rave | Desc. | | | | | | | | | | | | | | | | | |
| Chicorée Frisée | Mont. | | | | | | | | | | | | | | | | | |
| Chicorée Scarole | Mont. | | | | | | | | | | | | | | | | | |
| Chicorée Endive | Desc. | | | | | | | | | | | | | | | | | |
| Chou Brocoli | Desc. | | | | | | | | | | | | | | | | | |
| Chou Cabus | Desc. | | | | | | | | | | | | | | | | | |
| Chou Bruxelles | Desc. | | | | | | | | | | | | | | | | | |
| Chou Chinois | Desc. | | | | | | | | | | | | | | | | | |
| Chou Fleur | Desc. | | | | | | | | | | | | | | | | | |
| Chou Frisé | Desc. | | | | | | | | | | | | | | | | | |
| Chou Fourrager | Desc. | | | | | | | | | | | | | | | | | |
| Chou Kale | Desc. | | | | | | | | | | | | | | | | | |
| Chou Milan | Desc. | | | | | | | | | | | | | | | | | |
| Chou Rave | Desc. | | | | | | | | | | | | | | | | | |
| Chou Rouge | Desc. | | | | | | | | | | | | | | | | | |
| Ciboulette | Mont. | | | | | | | | | | | | | | | | | |
| Concombre | Mont. | | | | | | | | | | | | | | | | | |
| Cornichon | Mont. | | | | | | | | | | | | | | | | | |
| Courge | Mont. | | | | | | | | | | | | | | | | | |
| Courgette | Mont. | | | | | | | | | | | | | | | | | |
| Cresson | Mont. | | | | | | | | | | | | | | | | | |
| Échalote (Pl. Caïeux) | Desc. | | | | | | | | | | | | | | | | | |
| Épinard | Desc. | | | | | | | | | | | | | | | | | |
| Fenouil | Desc. | | | | | | | | | | | | | | | | | |
| Laitue de Printemps | Mont. | | | | | | | | | | | | | | | | | |
| Laitue Batavia | Mont. | | | | | | | | | | | | | | | | | |
| Laitue Bat. Grenobloise | Mont. | | | | | | | | | | | | | | | | | |
| Mâche | Mont. | | | | | | | | | | | | | | | | | |
| Mais | Mont. | | | | | | | | | | | | | | | | | |
| Melon - Pastèque | Mont. | | | | | | | | | | | | | | | | | |
| Mesclun | Mont. | | | | | | | | | | | | | | | | | |
| Navet d'Automne | Desc. | | | | | | | | | | | | | | | | | |
| Navet de Printemps | Desc. | | | | | | | | | | | | | | | | | |
| Oignon Blanc (Pl. Bulbes) | Desc. | | | | | | | | | | | | | | | | | |
| Oignon J&R (Pl. Bulbes) | Desc. | | | | | | | | | | | | | | | | | |
| Oseille | Mont. | | | | | | | | | | | | | | | | | |
| Pâtisson | Mont. | | | | | | | | | | | | | | | | | |
| Piment & Poivrons | Mont. | | | | | | | | | | | | | | | | | |
| Poireau | Desc. | | | | | | | | | | | | | | | | | |
| Poirée | Mont. | | | | | | | | | | | | | | | | | |
| Radis (sous abri) | Desc. | | | | | | | | | | | | | | | | | |
| Radis d'été | Desc. | | | | | | | | | | | | | | | | | |
| Radis d'hivers | Desc. | | | | | | | | | | | | | | | | | |
| Rhubarbe | Mont. | | | | | | | | | | | | | | | | | |
| Roquette | Mont. | | | | | | | | | | | | | | | | | |
| Rutabaga | Desc. | | | | | | | | | | | | | | | | | |
| Salsifis | Desc. | | | | | | | | | | | | | | | | | |
| Tétragone | Mont. | | | | | | | | | | | | | | | | | |
| Tomate | Mont. | | | | | | | | | | | | | | | | | |
| Tournesol | Mont. | | | | | | | | | | | | | | | | | |

ATTENTION : dates à titre indicatif, suivant les variétés et la localité des adaptations sont nécessaires.



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|----------------------|-------|---------|------|------|-------|-----|------|---------|------|------|------|------|------|---------|------|------|-------|-----|------|
| | | Jan | Fév. | Mars | Avril | Mai | Juin | Juillet | Août | Sep. | Oct. | Nov. | Déc. | Jan | Fév. | Mars | Avril | Mai | Juin |
| FABACÉES | | | | | | | | | | | | | | | | | | | |
| Fèves | Mont. | | | | | | | | | | | | | | | | | | |
| Pois à Grains Ronds | Mont. | | | | | | | | | | | | | | | | | | |
| Pois à Grains Ridés | Mont. | | | | | | | | | | | | | | | | | | |
| Pois Mange-Tout | Mont. | | | | | | | | | | | | | | | | | | |
| Haricots à Grains | Mont. | | | | | | | | | | | | | | | | | | |
| Haricots à Rames | Mont. | | | | | | | | | | | | | | | | | | |
| Haricots Nains | Mont. | | | | | | | | | | | | | | | | | | |
| AROMATIQUES | | | | | | | | | | | | | | | | | | | |
| Aneth | Desc. | | | | | | | | | | | | | | | | | | |
| Basilic | Desc. | | | | | | | | | | | | | | | | | | |
| Cerfeuil | Desc. | | | | | | | | | | | | | | | | | | |
| Ciboule - Ciboulette | Desc. | | | | | | | | | | | | | | | | | | |
| Coriandre | Desc. | | | | | | | | | | | | | | | | | | |
| Estragon | Desc. | | | | | | | | | | | | | | | | | | |
| Marjolaine | Desc. | | | | | | | | | | | | | | | | | | |
| Menthe | Desc. | | | | | | | | | | | | | | | | | | |
| Origan | Desc. | | | | | | | | | | | | | | | | | | |
| Persil | Desc. | | | | | | | | | | | | | | | | | | |
| Raifort | Desc. | | | | | | | | | | | | | | | | | | |
| Romarin | Mont. | | | | | | | | | | | | | | | | | | |
| Sarriette | Desc. | | | | | | | | | | | | | | | | | | |
| Sauge | Mont. | | | | | | | | | | | | | | | | | | |
| Thym | Mont. | | | | | | | | | | | | | | | | | | |
| FLEURS | | | | | | | | | | | | | | | | | | | |
| Camomille | Mont. | | | | | | | | | | | | | | | | | | |
| Œillet | Mont. | | | | | | | | | | | | | | | | | | |
| Soucis | Mont. | | | | | | | | | | | | | | | | | | |

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