Guía práctica
Frutas

EROSKI Consumer

Frutas Frescas

	Ene	Feb	Mar	Abr	May	Jun	Jul	Ago	Sep	Oct	Nov	Dic
Albaricoque	·	·	·	·	●	●	●	●	●	·	·	·
Arándano	·	·	·	·	·	●	●	●	●	●	●	●
Breva	·	·	·	·	·	●	●	·	·	·	·	·
Cereza	·	·	·	●	●	●	●	●	·	·	·	·
Ciruela				●	●	●	●	●				
Endrina	·	·	·	·	·	·	·	·	●	●	·	·
Frambuesa	·	·	·	·	·	·	●	●	●	●	·	·
Fresa	·	·	●	●	●	●	●	·	·	·	·	·
Granada	●	·	·	·	·	·	·	·	●	●	●	●
Grosella	·	·	·	·	·	·	·	●	●	·	·	·
Higo	·	·	·	·	·	·	·	●	●	·	·	·
Lima	●	●	●	●	●	●	●	●	●	●	●	●
Limón	●	●	●	●	●	●	●	●	●	●	●	●
Mandarina	●	●	●	·	·	·	·	·	●	●	●	●
Manzana	●	●	●	●	●	●	·	·	●	●	●	●
Melocotón	·	·	·	·	●	●	●	●	●	·	·	·
Melón	·	·	·	·	·	·	●	●	●	·	·	·
Membrillo	●	●	·	·	·	·	·	·	●	●	●	●
Mora	·	·	·	·	·	·	·	●	●	·	·	·
Naranja	●	●	●	●	●	●	●	●	●	●	●	●
Níspero	·	·	·	●	●	●	·	·	·	·	·	·
Pera	●	●	●	●	●	●	●	●	●	●	●	●
Piña	●	●	●	●	●	●	●	●	●	●	●	●
Plátano	●	●	●	●	●	●	●	●	●	●	●	●
Pomelo	●	●	●	·	·	·	·	·	·	●	●	●
Sandía	·	·	·	·	·	●	●	●	●	·	·	·
Uva	·	·	·	·	·	·	·	·	●	●	●	●

Frutas Tropicales

	Ene	Feb	Mar	Abr	May	Jun	Jul	Ago	Sep	Oct	Nov	Dic
Aguacate	●	●	●	●	●	●	●	●	●	●	●	●
Alquejenje	·	·	·	·	·	·	·	●	●	●	●	·
Caqui	●	●	·	·	·	·	·	·	·	●	●	●
Carambola	●	●	●	●	●	●	●	●	●	●	●	●
Chirimoya	●	●	·	·	·	·	·	·	·	·	·	●
Coco	●	●	●	●	●	●	●	●	●	●	●	●
Guayaba	·	·	·	·	·	●	●	●	●	●	●	●
Kiwano	●	●	●	●	●	●	●	●	●	●	●	●
Kiwi	●	●	●	●	●	●	●	●	●	●	●	●
Kumquat	●	●	·	·	·	·	·	·	·	·	●	●
Litchi	●	●	·	·	·	·	·	·	·	·	·	·
Mango	●	●	●	●	●	●	●	●	●	●	●	●
Mangostan	●	●	●	●	●	●	●	●	●	●	●	●
Maracuyá	●	●	●	●	·	·	·	·	·	●	●	●
Papaya	●	●	●	●	●	●	●	●	●	●	●	●
Pitahaya	●	●	●	·	·	●	●	●	●	·	·	·
Rambután	●	●	●	●	●	●	●	●	●	●	●	●
Tamarillo	●	●	●	●	●	●	●	●	●	●	●	●

Frutos Secos

	Ene	Feb	Mar	Abr	May	Jun	Jul	Ago	Sep	Oct	Nov	Dic
Ciruela pasa	●	●	●	●	●	●	●	●	●	●	●	●
Dátil	●	●	●	●	●	●	●	●	●	●	●	●
Higo seco	●	●	●	●	●	●	●	●	●	●	●	●
Orejones de albaricoque	●	●	●	●	●	●	●	●	●	●	●	●
Orejones de melocotón	●	●	●	●	●	●	●	●	●	●	●	●
Uva pasa	●	●	●	●	●	●	●	●	●	●	●	●