



Para comprar hortaliças (verduras e legumes) e frutas de boa qualidade observe se os produtos estão em safra. Adquirir produtos na época de colheita farta garante melhor qualidade, preços mais baixos, produtos mais frescos e saborosos. Abaixo você encontrará uma tabela mostrando qual a melhor época de compra de cada produto.

F	Produto	Jan	Fev	Mar	Abr	Mai	Jun	Jul	Ago	Set	Out	Nov	Dez
		r	Abacate	Dark Green	Light Green	Light Green							
u	Abacaxi	Light Green	Dark Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green
t	Banana Maçã	Dark Green	Light Green	Light Green	Light Green	Dark Green							
a	Banana Nanica	Dark Green	Light Green	Light Green	Light Green	Light Green							
s	Banana Prata	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green
	Caqui	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green
	Coco Verde	Dark Green	Dark Green	Dark Green	Dark Green	Light Green	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green
	Figo	Dark Green	Light Green	Light Green	Light Green	Light Green	Light Green	Dark Green	Dark Green				
	Goiaba	Dark Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green				
	Jabuticaba	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Light Green				
	Laranja	Dark Green	Dark Green	Dark Green	Light Green	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green
	Limão	Dark Green	Light Green	Light Green	Light Green	Dark Green							
	Maçã Nacional	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Light Green	Light Green	Light Green	Light Green
	Maçã Estrangeira	Dark Green	Light Green	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green
	Manga	Dark Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green	Dark Green	Dark Green	Dark Green
	Mamão	Dark Green	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green				
	Mamão Havaí	Dark Green	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green				
	Maracujá	Dark Green	Light Green	Light Green	Dark Green								
	Melancia	Dark Green	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green				
	Melão Amarelo	Dark Green	Dark Green	Dark Green	Light Green	Light Green	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green
	Morango	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Light Green	Light Green				
	Pêssego	Dark Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green	Dark Green	Dark Green	Dark Green
	Pêra Estrangeira	Dark Green	Light Green	Light Green									
	Tangerina Cravo	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Light Green	Light Green	Light Green	Light Green	Light Green
	Tangerina Murcote	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Light Green					
	Tangerina Poncam	Light Green	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Light Green	Light Green	Light Green	Light Green
	Uva Itália	Dark Green	Dark Green	Dark Green	Dark Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green	Dark Green
	Uva Niágara	Dark Green	Dark Green	Dark Green	Dark Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green	Dark Green
L	Abóbora Seca	Light Green	Light Green	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Light Green
e	Abobrinha	Dark Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green					
g	Batata Doce	Light Green	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Light Green
u	Berinjela	Dark Green	Light Green	Light Green	Dark Green	Dark Green	Light Green	Light Green	Dark Green				
m	Beterraba	Dark Green	Light Green	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green				
e	Cenoura	Dark Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green
s	Chuchu	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green
	Inhame	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Light Green	Light Green
	Jiló	Dark Green	Light Green	Light Green									
	Mandioca	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Light Green	Light Green	Light Green
	Mandioquinha	Light Green	Light Green	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Light Green
	Pepino	Dark Green	Dark Green	Dark Green	Dark Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green	Dark Green	Dark Green
	Pimentão	Dark Green	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Light Green	Light Green				
	Quiabo	Dark Green	Light Green	Light Green	Light Green	Dark Green							
	Tomate	Dark Green	Light Green	Light Green	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Light Green
	Vagem	Dark Green	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green
V	Acelga	Light Green	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Light Green	Light Green
e	Agrião	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Light Green
r	Alcachofra	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green						
d	Alface	Dark Green	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green
u	Almeirão	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green						
r	Brócolos	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green						
a	Catalonha	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green
s	Chicória	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Light Green						
	Couve	Dark Green											
	Couve-Flor	Light Green	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green
	Escarola	Dark Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Light Green	Light Green
	Espinafre	Light Green	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green
	Milho Verde	Dark Green	Light Green	Light Green	Light Green	Light Green	Light Green	Dark Green	Dark Green				
	Palmito	Dark Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green
	Rabanete	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green
	Repolho	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green
	Rúcula	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green	Light Green	Light Green
	Salsão	Dark Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Dark Green
Prod.	Alho Nacional	Dark Green	Light Green	Light Green	Light Green	Light Green	Light Green	Dark Green	Dark Green				
Diver.	Batata	Dark Green	Light Green	Light Green	Light Green	Light Green	Dark Green	Dark Green	Dark Green				
	Cebola	Dark Green	Light Green	Dark Green	Dark Green	Dark Green	Light Green	Light Green	Light Green	Light Green	Dark Green	Dark Green	Light Green
	Ovos	Dark Green	Light Green	Dark Green	Dark Green	Dark Green	Light Green	Light Green	Light Green	Light Green	Dark Green	Dark Green	Dark Green

Legenda:

 A tendência é de preços mais baixos e melhor qualidade. Geralmente o produto encontra-se em safra nesse período.

 A tendência é de preços equilibrados. A variação dos preços ocorre mais em função da procura pelos consumidores.

 A tendência é de elevação de preços. O produto pode estar em início ou final de safra ou mesmo fora do mercado nesse período, principalmente os produtos de época.