



FRUITS AND VEGETABLES

**LEBANON**

*The taste of Nature*



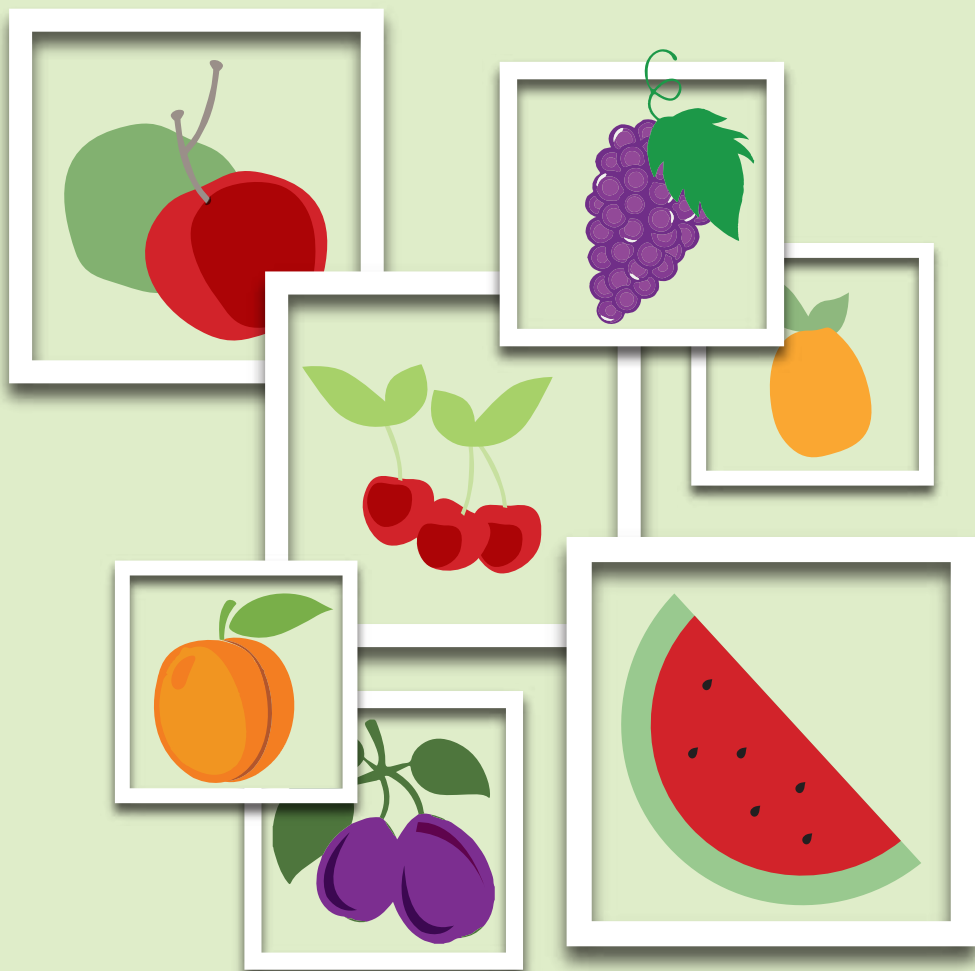


### **About FAV:**

Fruits and Vegetables Lebanon (FaV) is a brand that brings together Lebanese Farmers from different cooperatives and work with them to promote their produces. We bring you a fresh variety of products watered with pure clean water, fertilized as per plant requirements, grown with care and harvested as per best practices and international standards

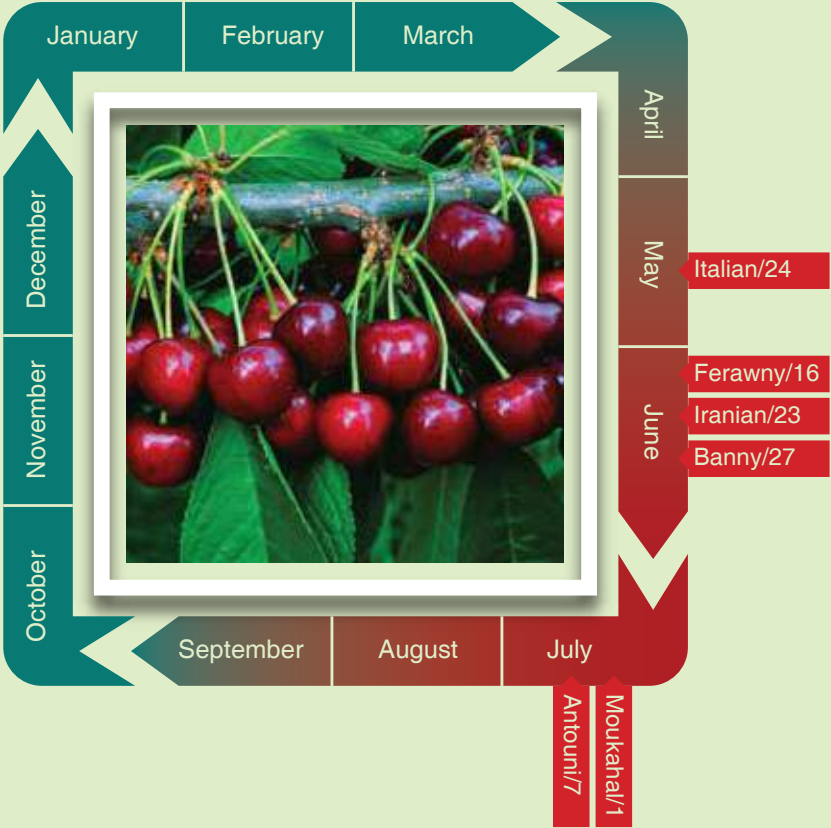
FaV is committed to bring back the taste of lebanese fruits and vegetables and deliver the best quality straight from the farmer to your door.

Today, we are drafting together the first chapter of an endless journey in the life of Lebanese Farmers and authentic fruits and vegetables.

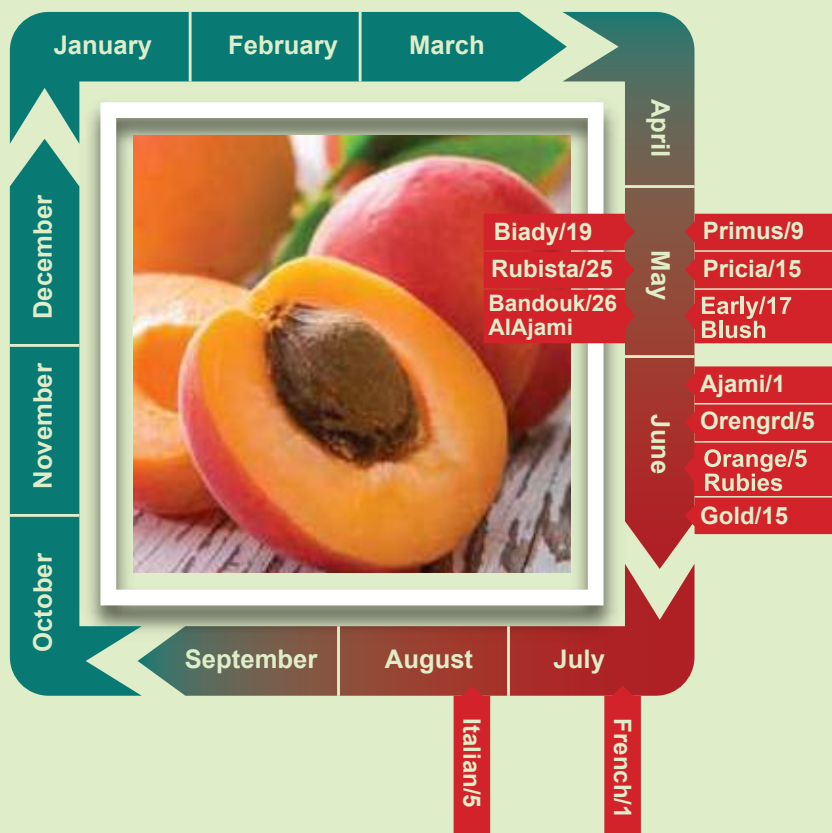


*Fruits*

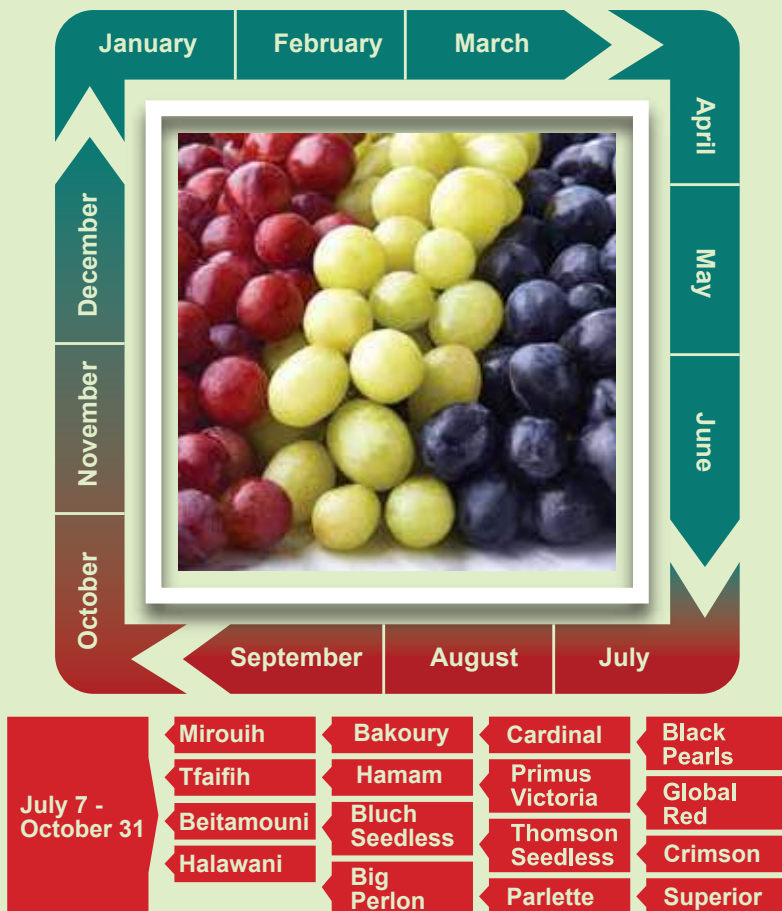
# CHERRIES



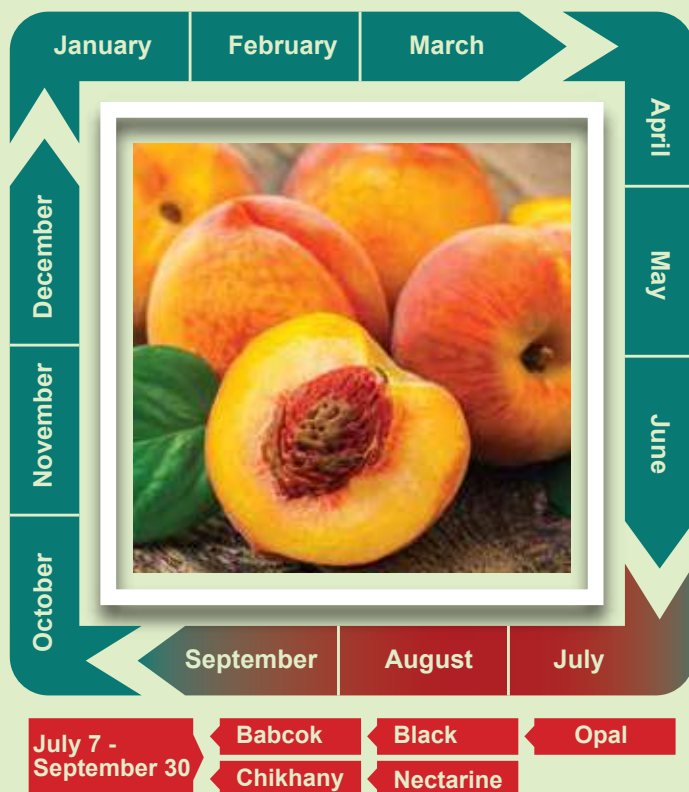
# APRICOTS



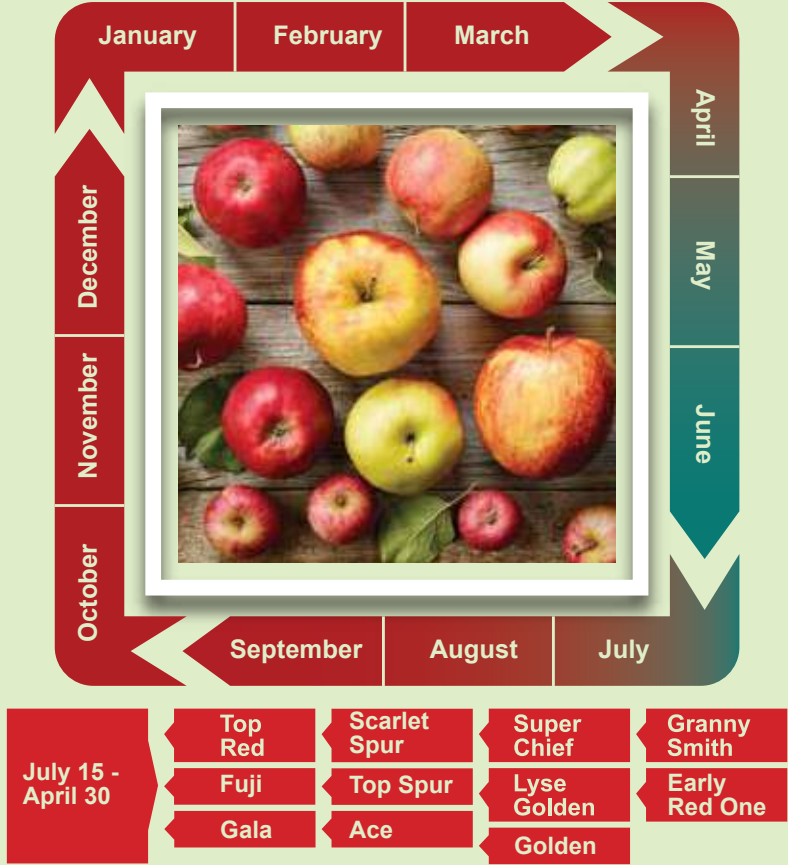
# TABLE GRAPES



# PEACHES

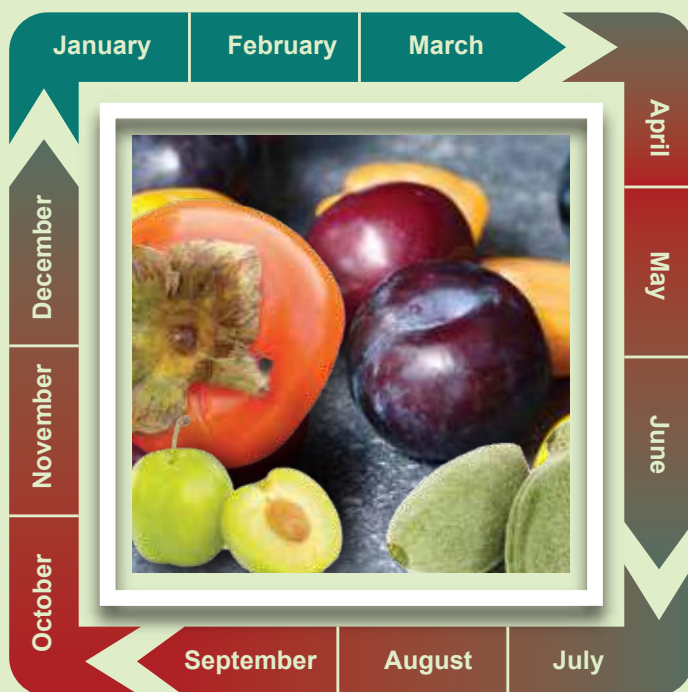


# APPLES





# PLUMS ALMONDS PERSIMMON GREEN GAGE



August 1 -  
August 31

Ranclotte

Abiad

Grandprix



April

Green

August 1 -  
September 7

Ferke



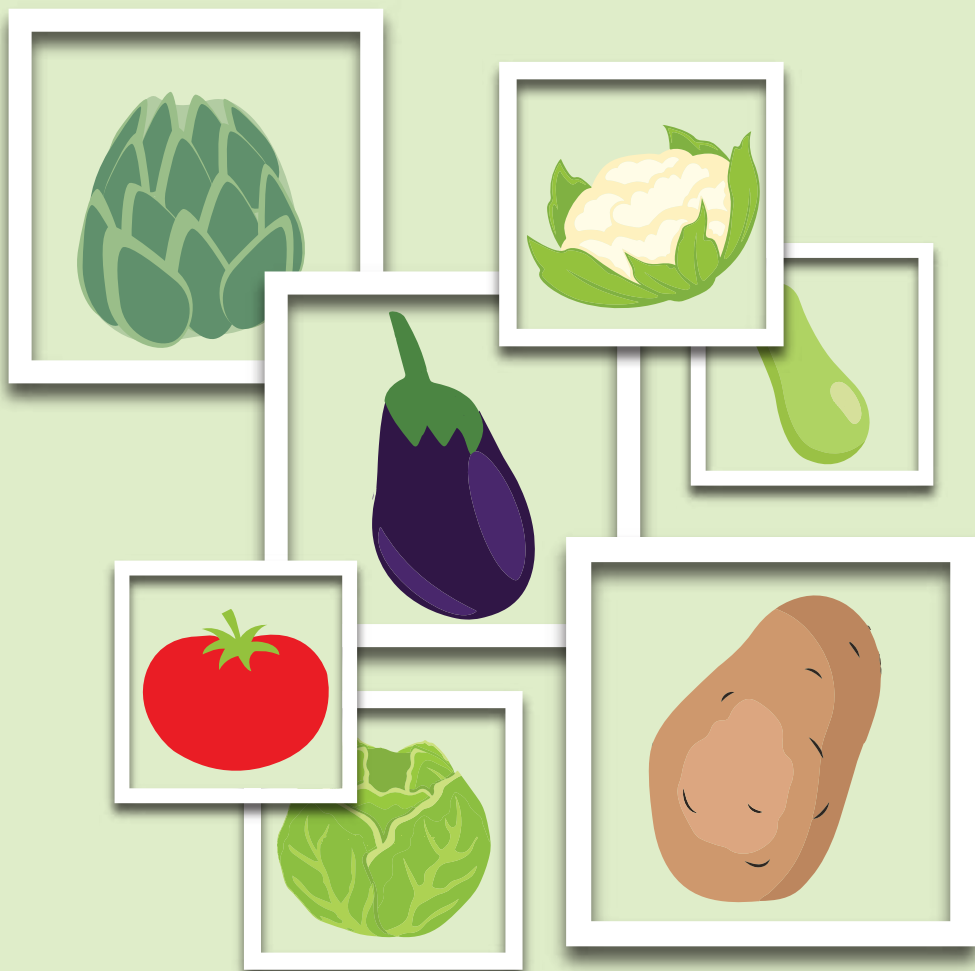
September 21-  
December 22

Persimmon



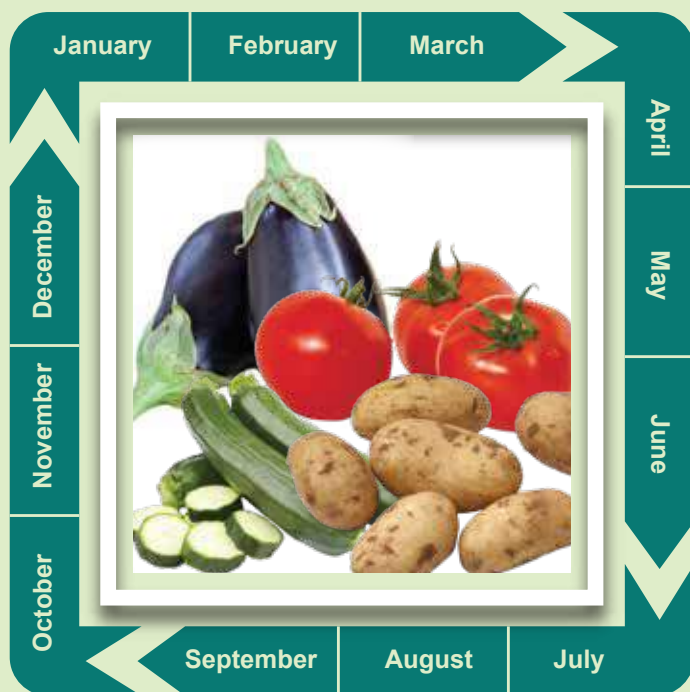
April 21 -  
May 30

Green  
Gage



*Vegetables*

# TOMATOES EGGPLANTS ZUCCHINI POTATO



May 15 -  
July 31

May 15 -  
November 30

May 1 -  
June 21

Jabaliyye

Omani

Zucchini



April 1 -  
June 22

October 1 -  
May 31

July 27 -  
December 8

Mdaabal

Abyad

Spunta

# CAULIFLOWER CABBAGE LETTUCE ARTICHOKES



October 1 -  
May 15

Cauliflower



May 1 -  
July 15

Artichoke



October 1 -  
May 15

Cabbage



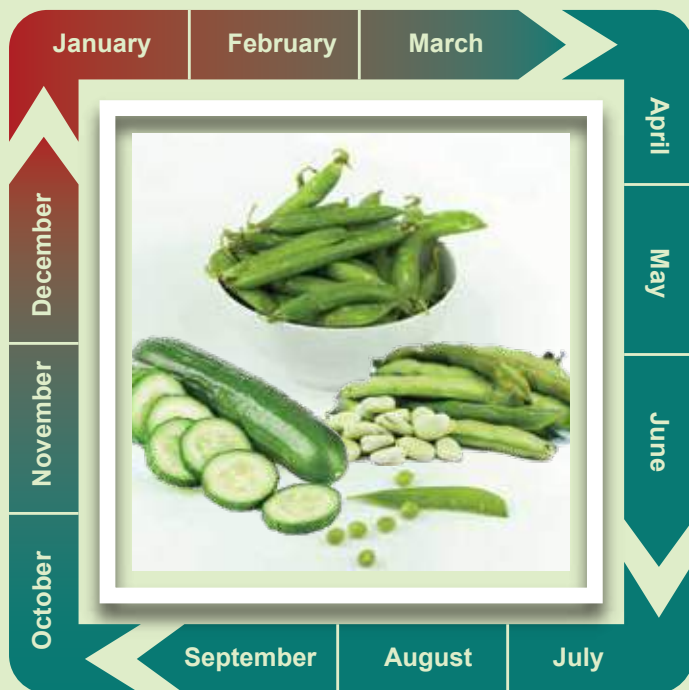
October 1 -  
April 30

Lettuce

October 1 -  
May 31

Iceberg

# FAVA BEANS GREEN PEAS CUCUMBER



March 21 -  
May 15

Fava  
Beans



April 1 -  
May 15

Green  
Peas




May 1 -  
November 30

Cucumber

## FAV Seasonal Calendar


[illegible]


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 @FaV\_Leb

 FaV-Fruits and Vegetables Lebanon

**Some of  
Our Farmers:**



**Ain El Qabou  
Cooperative**

**Powered By:**



[www.smallfarmers.trade](http://www.smallfarmers.trade)

