

makro

Calendario Verde 2019

... Productos de Temporada más saludables, sostenibles, económicos y sabrosos ...

Rodrigo de la Calle



Rodrigo de la Calle

Propietario del Restaurante El Invernadero. 1 Estrella Michelin.
Asesor de frutas y verduras en Makro.



Enero

makro



coliflor a brasa con mantequilla de trufa

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|----------|-------|--------|-----------|--------|---------|--------|---------|
| Semana 1 | | 1 | 2 | 3 | 4 | 5 | 6 |
| Semana 2 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| Semana 3 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Semana 4 | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| Semana 5 | 28 | 29 | 30 | 31 | | | |

verduras



frutas



hongos



Febrero

makro



Cocido verde

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|----------|-------|--------|-----------|--------|---------|--------|---------|
| Semana 5 | | | | | 1 | 2 | 3 |
| Semana 6 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Semana 7 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| Semana 8 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| Semana 9 | 25 | 26 | 27 | 28 | | | |

verduras



hongos



frutas



algas frescas



Marzo

makro



Espárragos verdes blancos

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-----------|-------|--------|-----------|--------|---------|--------|---------|
| Semana 9 | | | | | 1 | 2 | 3 |
| Semana 10 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Semana 11 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| Semana 12 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| Semana 13 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |

verduras



frutas



algas frescas



hongos



Abril

makro



Arroz negro de habas

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-----------|-------|--------|-----------|--------|---------|--------|---------|
| Semana 14 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Semana 15 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| Semana 16 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| Semana 17 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| Semana 18 | 29 | 30 | | | | | |

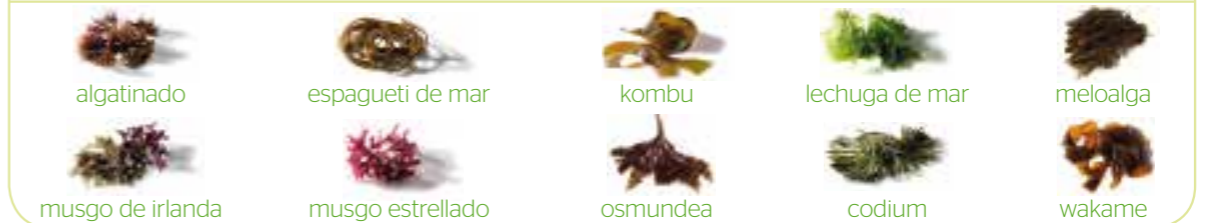
verduras



frutas



algas frescas



hongos



Mayo

makro



Carbonara de liliáceas y frégola

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-----------|-------|--------|-----------|--------|---------|--------|---------|
| Semana 18 | | | 1 | 2 | 3 | 4 | 5 |
| Semana 19 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| Semana 20 | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| Semana 21 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| Semana 22 | 27 | 28 | 29 | 30 | 31 | | |

verduras



frutas



algas frescas



hongos



Junio

makro



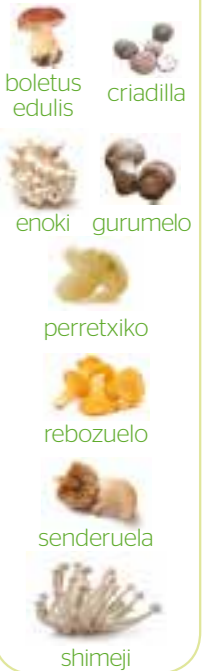
Lechuga asada con chalotas

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-----------|-------|--------|-----------|--------|---------|--------|---------|
| Semana 22 | | | | | | 1 | 2 |
| Semana 23 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Semana 24 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Semana 25 | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Semana 26 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |

verduras



hongos



frutas



algas frescas



Julio

makro



Raviolis crujientes de babaganoush de berenjena

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-----------|-------|--------|-----------|--------|---------|--------|---------|
| Semana 27 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Semana 28 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| Semana 29 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| Semana 30 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| Semana 31 | 29 | 30 | 31 | | | | |

verduras



frutas



algas frescas



hongos



Agosto

makro



Ensalada caprese de sandía

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-----------|-------|--------|-----------|--------|---------|--------|---------|
| Semana 31 | | | | 1 | 2 | 3 | 4 |
| Semana 32 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Semana 33 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Semana 34 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| Semana 35 | 26 | 27 | 28 | 29 | 30 | 31 | |

verduras



frutas



algas frescas



hongos



Septiembre

makro



Marmitake de tomate

LUNES MARTES MIÉRCOLES JUEVES VIERNES SÁBADO DOMINGO

Semana 35

1

Semana 36

2 3 4 5 6 7 8

Semana 37

9 10 11 12 13 14 15

Semana 38

16 17 18 19 20 21 22

Semana 39

23 24 25 26 27 28 29

Semana 40

30

verduras



frutas



algas frescas



hongos



Octubre

makro



Repollo asado con boletus glaseados

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-----------|-------|--------|-----------|--------|---------|--------|---------|
| Semana 40 | | 1 | 2 | 3 | 4 | 5 | 6 |
| Semana 41 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| Semana 42 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Semana 43 | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| Semana 44 | 28 | 29 | 30 | 31 | | | |

verduras



frutas



algas frescas



hongos



Noviembre

makro



calabaza rustida con queso azul

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-----------|-------|--------|-----------|--------|---------|--------|---------|
| Semana 44 | | | | | 1 | 2 | 3 |
| Semana 45 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Semana 46 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| Semana 47 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| Semana 48 | 25 | 26 | 27 | 28 | 29 | 30 | |

verduras



frutas



hongos



algas frescas



Diciembre

makro



Cazuela de pack choi verde con mejillones

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-----------|-------|--------|-----------|--------|---------|--------|---------|
| Semana 48 | | | | | | | 1 |
| Semana 49 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Semana 50 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| Semana 51 | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| Semana 52 | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| Semana 1 | 30 | 31 | | | | | |

verduras



hongos



frutas



algas frescas





Rodrigo de la Calle
 Chef creador de la Gastrobotánica y del movimiento de cocina verde, basado en el uso de productos vegetales y fúngicos como base gastronómica.

Propietario del Restaurante El invernadero. 1 Estrella Michelin.

Rodrigo de la Calle



Enero



| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|--------|-----------|--------|---------|--------|---------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

Febrero



| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|--------|-----------|--------|---------|--------|---------|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | | | |

Marzo



| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|--------|-----------|--------|---------|--------|---------|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

Abril



| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|--------|-----------|--------|---------|--------|---------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | | | | | |

Mayo



| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|--------|-----------|--------|---------|--------|---------|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

Junio



| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|--------|-----------|--------|---------|--------|---------|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

Julio



| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|--------|-----------|--------|---------|--------|---------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

Agosto



| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|--------|-----------|--------|---------|--------|---------|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

Septiembre



| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|--------|-----------|--------|---------|--------|---------|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | | | | | | |

Octubre



| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|--------|-----------|--------|---------|--------|---------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

Noviembre



| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|--------|-----------|--------|---------|--------|---------|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |

Diciembre



| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|--------|-----------|--------|---------|--------|---------|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |