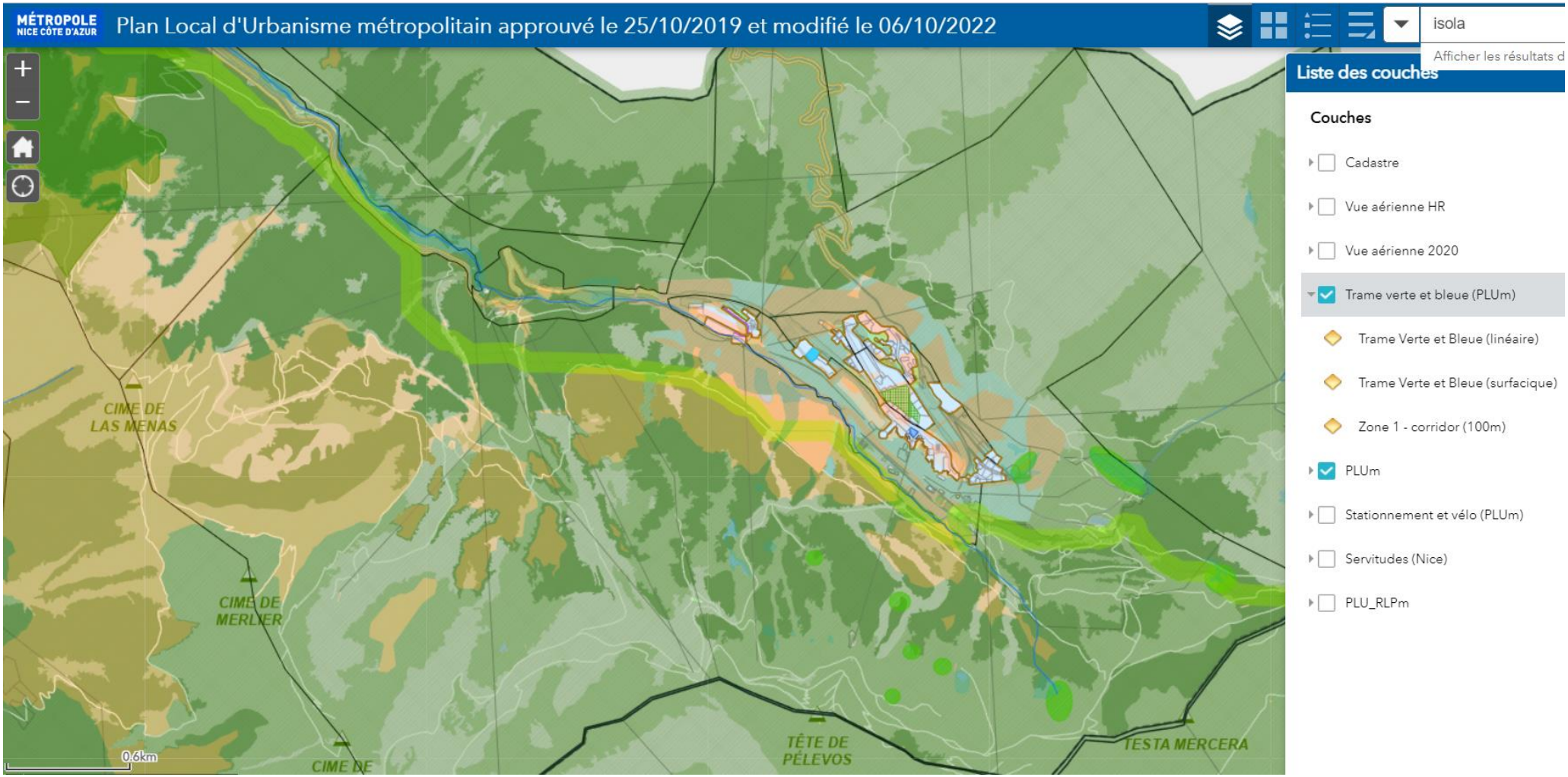Trame verte et bleue