

Saisonkalender

Gemüse	Jan.	Feb.	März	April	Mai	Juni	Juli	Aug.	Sept.	Okt.	Nov.	Dez.
Aubergine						●	●	●	●			
Blumenkohl					◐	●	●	●	●	●	●	
Bohnen						●	●	●				
Broccoli						●	●	●	●	●		
Chicorée	●	●	●	●							●	●
Chinakohl	○	○			●	●	●	●	●	●	●	○
Eisbergsalat				◐	●	●	●	●	●	●	●	
Endiviensalat							●	●	●	●		
Erbsen						●	●					
Fenchel					◐	●	●	●	●	●		
Gurken					●	●	●	●	●	◐		
Kabis weiss	○	○	○	○		●	●	●	●	●	●	○
Kabis rot	○	○	○			●	●	●	●	●	●	○
Karotten	○	○	○		◐	●	●	●	●	●	●	○
Kartoffeln	○	○	○		◐	●	●	●	●	●	○	○
Kefen						●	●	●				
Kohlrabi				◐	●	●	●	●	●	●		
Kopfsalat				●	●	●	●	●	●	●	◐	
Krautstiele				●	●	●	●	●	●	●		
Kürbis	○	○						●	●	●	●	○
Lattich					●	●	●	●	●	○		
Lauch	●	●	●	●		●	●	●	●	●	●	●
Mais							●	●	●			
Nüsslisalat	●	●	●	●	●		●	●	●	●	●	●
Peperoni						●	●	●	●	●		
Radieschen		◐	●	●	●	●	●	●	●	●		
Randen						●	●	●	●	●	●	○
Rettich				●	●	●	●	●	●	●	●	
Rosenkohl	●	●	●					●	●	●	●	●
Sellerie	○	○	○	○				●	●	●	●	○

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Schnittsalat				●	●	●	●	●	●	●	●	
Schwarzwurzel	○	○	○							●	●	●
Spargel					●	●						
Spinat		●	●	●	●					●	●	
Tomate						●	●	●	●	●		
Zucchetti					◐	●	●	●	●	◐		
Zuckerhut	○	○						●	●	●	●	○
Zwiebel	○	○				●	●	●	●	○	○	○

Obst	Jan.	Feb.	März	April	Mai	Juni	Juli	Aug.	Sept.	Okt.	Nov.	Dez.
Äpfel	○	○	○	○	○	◐	●	●	●	●	○	○
Aprikosen							●	●				
Birnen	○	○	○	○	○	◐	●	●	●	●	○	○
Brombeeren							●	●	●			
Erdbeeren						●	●	●				
Himbeeren						●	●	●	●			
Holunder								●	●			
Johannisbeeren							●	●				
Kirschen						●	●	●				
Mirabellen								●	●			
Nektarinen							●	●				
Pfirsiche							●	●				
Pflaumen							◐	●	●			
Preiselbeeren							●	●	●			
Quitten										●		
Stachelbeeren							●	●				
Trauben									●	●		
Zwetschgen							◐	●	●			

● frisch ○ ab Lager