

# SAISONKALENDER

## Gemüse

|               | Januar | Februar | März | April | Mai | Juni | Juli | August | September | Oktober | November | Dezember |
|---------------|--------|---------|------|-------|-----|------|------|--------|-----------|---------|----------|----------|
|               | 1      | 2       | 3    | 4     | 5   | 6    | 7    | 8      | 9         | 10      | 11       | 12       |
| Auberginen    |        |         |      |       |     |      |      |        |           |         |          |          |
| Blumenkohl    |        |         |      |       |     |      |      |        |           |         |          |          |
| Bohnen        |        |         |      |       |     |      |      |        |           |         |          |          |
| Brokkoli      |        |         |      |       |     |      |      |        |           |         |          |          |
| Champignons   |        |         |      |       |     |      |      |        |           |         |          |          |
| Chicorée      |        |         |      |       |     |      |      |        |           |         |          |          |
| Chinakohl     |        |         |      |       |     |      |      |        |           |         |          |          |
| Eisbergsalat  |        |         |      |       |     |      |      |        |           |         |          |          |
| Endivien      |        |         |      |       |     |      |      |        |           |         |          |          |
| Erbsen        |        |         |      |       |     |      |      |        |           |         |          |          |
| Feldsalat     |        |         |      |       |     |      |      |        |           |         |          |          |
| Fenchel       |        |         |      |       |     |      |      |        |           |         |          |          |
| Grünkohl      |        |         |      |       |     |      |      |        |           |         |          |          |
| Gurken        |        |         |      |       |     |      |      |        |           |         |          |          |
| Kartoffeln    |        |         |      |       |     |      |      |        |           |         |          |          |
| Kohlrabi      |        |         |      |       |     |      |      |        |           |         |          |          |
| Kopfsalat     |        |         |      |       |     |      |      |        |           |         |          |          |
| Kürbis        |        |         |      |       |     |      |      |        |           |         |          |          |
| Mangold       |        |         |      |       |     |      |      |        |           |         |          |          |
| Meerrettich   |        |         |      |       |     |      |      |        |           |         |          |          |
| Möhren        |        |         |      |       |     |      |      |        |           |         |          |          |
| Paprika       |        |         |      |       |     |      |      |        |           |         |          |          |
| Porree/Lauch  |        |         |      |       |     |      |      |        |           |         |          |          |
| Radicchio     |        |         |      |       |     |      |      |        |           |         |          |          |
| Radieschen    |        |         |      |       |     |      |      |        |           |         |          |          |
| Rettich       |        |         |      |       |     |      |      |        |           |         |          |          |
| Rosenkohl     |        |         |      |       |     |      |      |        |           |         |          |          |
| Rote Beete    |        |         |      |       |     |      |      |        |           |         |          |          |
| Rotkohl       |        |         |      |       |     |      |      |        |           |         |          |          |
| Rucola        |        |         |      |       |     |      |      |        |           |         |          |          |
| Schwarzwurzel |        |         |      |       |     |      |      |        |           |         |          |          |
| Sellerie      |        |         |      |       |     |      |      |        |           |         |          |          |
| Spargel       |        |         |      |       |     |      |      |        |           |         |          |          |
| Spinat        |        |         |      |       |     |      |      |        |           |         |          |          |
| Spitzkohl     |        |         |      |       |     |      |      |        |           |         |          |          |
| Stangenbohnen |        |         |      |       |     |      |      |        |           |         |          |          |
| Tomaten       |        |         |      |       |     |      |      |        |           |         |          |          |
| Weißkohl      |        |         |      |       |     |      |      |        |           |         |          |          |
| Wirsing       |        |         |      |       |     |      |      |        |           |         |          |          |
| Zucchini      |        |         |      |       |     |      |      |        |           |         |          |          |
| Zuckermais    |        |         |      |       |     |      |      |        |           |         |          |          |
| Zwiebeln      |        |         |      |       |     |      |      |        |           |         |          |          |

## Obst

|                | Januar | Februar | März | April | Mai | Juni | Juli | August | September | Oktober | November | Dezember |
|----------------|--------|---------|------|-------|-----|------|------|--------|-----------|---------|----------|----------|
|                | 1      | 2       | 3    | 4     | 5   | 6    | 7    | 8      | 9         | 10      | 11       | 12       |
| Äpfel          |        |         |      |       |     |      |      |        |           |         |          |          |
| Aprikosen      |        |         |      |       |     |      |      |        |           |         |          |          |
| Birnen         |        |         |      |       |     |      |      |        |           |         |          |          |
| Brombeeren     |        |         |      |       |     |      |      |        |           |         |          |          |
| Erdbeeren      |        |         |      |       |     |      |      |        |           |         |          |          |
| Esskastanien   |        |         |      |       |     |      |      |        |           |         |          |          |
| Haselnüsse     |        |         |      |       |     |      |      |        |           |         |          |          |
| Heidelbeeren   |        |         |      |       |     |      |      |        |           |         |          |          |
| Himbeeren      |        |         |      |       |     |      |      |        |           |         |          |          |
| Holunderbeeren |        |         |      |       |     |      |      |        |           |         |          |          |
| Johannisbeeren |        |         |      |       |     |      |      |        |           |         |          |          |
| Kirschen       |        |         |      |       |     |      |      |        |           |         |          |          |
| Mirabellen     |        |         |      |       |     |      |      |        |           |         |          |          |
| Pfirsich       |        |         |      |       |     |      |      |        |           |         |          |          |
| Pflaumen       |        |         |      |       |     |      |      |        |           |         |          |          |
| Preiselbeeren  |        |         |      |       |     |      |      |        |           |         |          |          |
| Quitten        |        |         |      |       |     |      |      |        |           |         |          |          |
| Rhabarber      |        |         |      |       |     |      |      |        |           |         |          |          |
| Stachelbeeren  |        |         |      |       |     |      |      |        |           |         |          |          |
| Trauben        |        |         |      |       |     |      |      |        |           |         |          |          |
| Walnüsse       |        |         |      |       |     |      |      |        |           |         |          |          |
| Wassermelonen  |        |         |      |       |     |      |      |        |           |         |          |          |



- Haupterntezeit**, Angebot aus überwiegend heimischem Anbau
- Monate mit großem Angebot**
- Monate mit steigendem/fallendem Angebot**
- Monate mit geringem Angebot**