

SAISONKALENDER

Heimische Gemüsesorten

● frisch ▲ als Lagerware

	JAN	FEB	MÄR	APR	MAI	JUN	JUL	AUG	SEP	OKT	NOV	DEZ
Aubergine							●	●	●	●		
Blumenkohl					●	●	●	●	●	●		
grüne Bohnen							●	●	●	●		
Brokkoli						●	●	●	●	●		
Champignons	●	●	●	●	●	●	●	●	●	●	●	●
Chinakohl	▲	▲	▲	▲	▲	●	●	●	●	●	●	▲
Erbsen						●	●	●	●			
Fenchel						●	●	●	●	●	●	
Frühlingszwiebeln					●	●	●	●	●	●	●	
Grünkohl	●	●									●	●
Gurken						●	●	●	●			
Karotten	▲	▲	▲	▲	▲	●	●	●	●	●	●	▲
Kartoffeln	▲	▲	▲	▲	▲	●	●	●	●	●	▲	▲
Knollensellerie	▲	▲	▲	▲	▲	▲	●	●	●	●	●	▲
Kohlrabi					●	●	●	●	●	●		
Kürbis	▲	▲	▲					●	●	●	●	▲
Lauch	●	●	●	●	●	●	●	●	●	●	●	●
Mais								●	●	●		
Mangold					●	●	●	●	●	●		

	JAN	FEB	MÄR	APR	MAI	JUN	JUL	AUG	SEP	OKT	NOV	DEZ
Paprika							●	●	●	●		
Pastinaken	●	●	●	▲					●	●	●	●
Radieschen						●	●	●	●	●		
Rettich	▲	▲	▲	▲	●	●	●	●	●	●	▲	▲
Rosenkohl	●	●	●							●	●	●
Rote Bete	▲	▲	▲	▲			●	●	●	●	●	▲
Rotkohl	▲	▲	▲	▲	▲	●	●	●	●	●	●	▲
Schwarzwurzel										●	●	
Spargel						●	●	●				
Spinat			●	●	●				●	●	●	
Spitzkohl	▲	▲	▲	▲		●	●	●	●	●	●	▲
Staudensellerie							●	●	●	●		
Steckrüben	▲	▲	▲						●	●	●	●
Tomaten							●	●	●	●		
Weißkohl	▲	▲	▲	▲			●	●	●	●	●	▲
Wirsing	▲	▲	▲			●	●	●	●	●	●	●
Zucchini						●	●	●	●	●		
Zuckerschoten						●	●	●				
Zwiebeln	▲	▲	▲	▲	▲	▲	●	●	●	●	▲	▲

SAISONKALENDER

Heimische Obst- und Salatsorten

● frisch ▲ als Lagerware



	JAN	FEB	MÄR	APR	MAI	JUN	JUL	AUG	SEP	OKT	NOV	DEZ
Apfel	▲	▲	▲	▲				●	●	●	●	▲
Aprikose							●	●				
Birne	▲							●	●	●	▲	▲
Blaubeeren						●	●	●	●			
Brombeeren							●	●	●			
Erdbeeren						●	●	●	●			
Himbeeren							●	●	●			
Holunderbeeren										●	●	
Johannisbeeren							●	●	●			
Kirschen							●	●	●			
Mirabellen								●	●	●		
Pflaumen								●	●	●		
Quitten											●	●
Rhabarber				●	●	●						
Stachelbeeren						●	●	●				
Wassermelonen								●	●			
Weintrauben									●	●		
Zwetschgen							●	●	●	●		

	JAN	FEB	MÄR	APR	MAI	JUN	JUL	AUG	SEP	OKT	NOV	DEZ
Batavia						●	●	●	●	●		
Chicorée	●	●	●							●	●	●
Eichblattsalat						●	●	●	●	●		
Eisbergsalat						●	●	●	●	●		
Endiviensalat						●	●	●	●	●	●	
Feldsalat	●	●	●	●						●	●	●
Kopfsalat						●	●	●	●	●		
Lollo Rosso						●	●	●	●	●		
Portulak	●	●	●	●			●	●	●	●	●	●
Radicchio	▲	▲						●	●	●	●	▲
Rucola							●	●	●	●		

