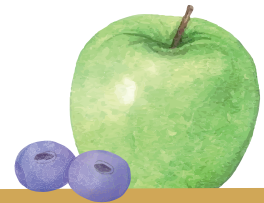


Saisonkalender

FÜR OBST UND GEMÜSE

● Frischware ○ Lagerware



OBST

	JAN	FEB	MRZ	APR	MAI	JUN	JUL	AUG	SEP	OKT	NOV	DEZ
Äpfel	○	○	○	○	○			●	●	●	○	○
Aprikose							●	●				
Birne	○						●	●	●	●	○	○
Brombeeren							●	●	●			
Erdbeeren					●	●	●					
Haselnuss	○								●	●	○	○
Heidelbeeren						●	●	●	●			
Himbeeren						●	●	●	●			
Holunderbeeren								●	●			
Johannisbeeren						●	●	●				
Kirsche						●	●	●				

	JAN	FEB	MRZ	APR	MAI	JUN	JUL	AUG	SEP	OKT	NOV	DEZ
Marone									●	●	●	●
Mirabellen							●	●	●			
Nektarine							●	●	●			
Pfirsich							●	●	●			
Pflaume						●	●	●	●			
Quitte										●	●	
Schlehe										●	●	●
Stachelbeeren						●	●	●				
Trauben									●	●		
Walnuss	○								●	●	○	○
Zwetschge						●	●	●	●			

GEMÜSE

	JAN	FEB	MRZ	APR	MAI	JUN	JUL	AUG	SEP	OKT	NOV	DEZ
Bärlauch			●	●								
Blumenkohl					●	●	●	●	●	●		
Brokkoli						●	●	●	●	●		
Chicorée	●	●	○	○	○	○	○	○	●	●	●	●
Chinakohl	●	●	○	○	●	●	●	●	●	●	●	●
Erbsen						●	●	●				
Feldsalat	●	●	●	●					●	●	●	●
Fenchel						●	●	●	●	●	●	
Grüne Bohnen						●	●	●	●	●		
Grünkohl	●	●									●	●
Gurken						●	●	●	●	●		
Knoblauch	○	○	○	○	○	●	●	●	●	●	●	○
Kartoffeln	○	○	○	○	○	●	●	●	●	●	○	○
Knollensellerie	○	○	○	○	○	○	●	●	●	●	●	○
Knollenziest	●									●	●	●
Kohlrabi					●	●	●	●	●	●		
Kopfsalat					●	●	●	●	●	●		
Kürbis	○	○						●	●	●	●	○
Mairübchen				●	●	●						
Mais							●	●	●			
Mangold					●	●	●	●	●	●		
Meerrettich	●	●	●							●	●	●
Möhren	○	○	○	○	○	●	●	●	●	●	○	○
Pak Choi				●	●	●	●	●	●	●		

	JAN	FEB	MRZ	APR	MAI	JUN	JUL	AUG	SEP	OKT	NOV	DEZ
Paprika							●	●	●	●	●	●
Pastinaken	●	●	●	○						●	●	●
Petersilienwurzel	●	●									●	●
Porree	●	●	●	●	●	●	●	●	●	●	●	●
Radieschen						●	●	●	●	●		
Rettich	○	○				●	●	●	●	●	●	○
Rhabarber			●	●	●	●						
Rosenkohl	●	●	●									
Rote Bete	○	○	○	○			●	●	●	●	●	○
Rotkohl	○	○	○	○	○	●	●	●	●	●	●	○
Rucola				●	●	●	●	●	●			
Schwarzwurzeln	●	●	●								●	●
Spargel				●	●	●						
Spinat			●	●	●				●	●	●	
Spitzkohl						●	●					
Steckrübe	○	○	○						●	●	●	●
Tomaten							●	●	●	●		
Topinambur	●	●	●							●	●	●
Waldmeister				●	●							
Weißkohl	○	○	○	○		●	●	●	●	●	●	○
Wirsing	●	●	○			●	●	●	●	●	●	●
Zucchini						●	●	●	●	●		
Zuckerschoten						●	●	●				
Zwiebel	○	○	○	○	○	○	●	●	●	●	○	○