



## SAISONKALENDER

GEMÜSESORTE:	01	02	03	04	05	06	07	08	09	10	11	12
Auberginen	●	●	●	●	●	●	●	●	●	●	●	●
Bleich-/Staudensellerie	●	●	●	●	●	●	●	●	●	●	●	●
Blumenkohl	●	●	●	●	●	●	●	●	●	●	●	●
Busch-, Stangenbohnen			●	●	●	●	●	●	●	●	●	●
Broccoli, Spargelkohl	●	●	●	●	●	●	●	●	●	●	●	●
Champignons	●	●	●	●	●	●	●	●	●	●	●	●
Chicorée	●	●	●	●	●	●	●	●	●	●	●	●
Chinakohl	●	●	●	●	●	●	●	●	●	●	●	●
Dicke Bohnen				●	●	●	●	●	●	●	●	●
Einlegegurken					●	●	●	●	●	●	●	●
Erbsen, grün			●	●	●	●	●	●	●	●	●	●
Fenchel	●	●	●	●	●	●	●	●	●	●	●	●
Grünkohl	●	●	●	●						●	●	●
Kartoffeln	●	●	●	●	●	●	●	●	●	●	●	●
Kohlrabi	●	●	●	●	●	●	●	●	●	●	●	●
Kürbis	●						●	●	●	●	●	●
Mangold				●	●	●	●	●	●	●	●	●
Meerrettich	●	●	●	●				●	●	●	●	●
Möhren	●	●	●	●	●	●	●	●	●	●	●	●
Paprika	●	●	●	●	●	●	●	●	●	●	●	●
Pastinaken	●	●	●			●	●	●	●	●	●	●
Porree/Lauch	●	●	●	●	●	●	●	●	●	●	●	●
Postelein					●	●	●	●	●	●	●	●
Radieschen	●	●	●	●	●	●	●	●	●	●	●	●
Rettich	●	●	●	●	●	●	●	●	●	●	●	●
Rosenkohl	●	●	●	●					●	●	●	●

○ Keine Saison (ggfs. als Flug-Import erhältlich) ● Monate steigender/fallender Preise ● gute Verfügbarkeit ● meist aus heimischem Anbau



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Rote Bete, rote Rüben	●	●	●	●	●	●	●	●	●	●	●	●
Rotkohl	●	●	●	●	●	●	●	●	●	●	●	●
Salatgurken	●	●	●	●	●	●	●	●	●	●	●	●
Schwarzwurzeln	●	●	●	●	●	●	●	●	●	●	●	●
Sellerieknollen	●	●	●	●	●	●	●	●	●	●	●	●
Spargel			●	●	●	●	●	●	●	●	●	●
Spinat	●	●	●	●	●	●	●	●	●	●	●	●
Steckrüben	●	●	●	●	●	●	●	●	●	●	●	●
Teltower Rübchen				●	●	●	●	●	●	●	●	●
Tomaten	●	●	●	●	●	●	●	●	●	●	●	●
Topinambur	●	●	●	●	●	●	●	●	●	●	●	●
Weiß-, Spitzkohl	●	●	●	●	●	●	●	●	●	●	●	●
Wirsing	●	●	●	●	●	●	●	●	●	●	●	●
Zuckermais	●	●	●	●	●	●	●	●	●	●	●	●
Zucchini	●	●	●	●	●	●	●	●	●	●	●	●
Zwiebeln	●	●	●	●	●	●	●	●	●	●	●	●
BLATTSALATE:	01	02	03	04	05	06	07	08	09	10	11	12
Bataviasalat	●	●	●	●	●	●	●	●	●	●	●	●
Eichblattsalat	●	●	●	●	●	●	●	●	●	●	●	●
Eisbergsalat	●	●	●	●	●	●	●	●	●	●	●	●
Endiviensalat/Eskariol	●	●	●	●	●	●	●	●	●	●	●	●
Feldsalat/Rapunzel	●	●	●	●	●	●	●	●	●	●	●	●
Kopfsalat	●	●	●	●	●	●	●	●	●	●	●	●
Lollo Rossa, Lollo Bionda	●	●	●	●	●	●	●	●	●	●	●	●
Rucola/Rauke	●	●	●	●	●	●	●	●	●	●	●	●
Radicchio	●	●	●	●	●	●	●	●	●	●	●	●

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OBSTSORTE:	01	02	03	04	05	06	07	08	09	10	11	12
Äpfel	●	●	●	●	●	●	●	●	●	●	●	●
Aprikosen					●	●	●	●	●			
Birnen	●	●	●	●	●	●	●	●	●	●	●	●
Brombeeren						●	●	●	●	●		
Erdbeeren			●	●	●	●	●	●	●	●		
Himbeeren, Heidelbeeren					●	●	●	●	●	●		
Holunderbeeren						●	●	●	●	●		
Johannisbeeren					●	●	●	●	●	●		
Kirschen, süß					●	●	●	●	●	●		
Mirabellen/Renekloden						●	●	●	●			
Pfirsiche/Nektarinen				●	●	●	●	●	●	●	●	●
Pflaumen/Zwetschen					●	●	●	●	●	●	●	●
Preiselbeeren						●	●	●	●	●	●	
Rharbarber	●	●	●	●	●	●	●					
Stachelbeeren						●	●	●	●			
Wasser-/Zuckermelonen	●	●	●	●	●	●	●	●	●	●	●	●
Ananas	●	●	●	●	●	●	●	●	●	●	●	●
Apfelsinen	●	●	●	●	●	●	●	●	●	●	●	●
Bananen	●	●	●	●	●	●	●	●	●	●	●	●
Clementinen, Satsumas	●	●	●	●					●	●	●	●
Grapefruits, Zitronen, Limetten	●	●	●	●	●	●	●	●	●	●	●	●
Feigen			●	●	●	●	●	●	●	●		
Kiwis (grün/gelb)	●	●	●	●	●	●	●	●	●	●	●	●
Kakis	●	●	●					●	●	●	●	●
Litchies/Rambutan	●	●	●	●	●	●	●	●	●	●	●	●
Mangos und Papayas	●	●	●	●	●	●	●	●	●	●	●	●

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