

# Saisonkalender Obst

	JAN	FEB	MÄR	APR	MAI	JUN	JUL	AUG	SEP	OKT	NOV	DEZ
Äpfel								●	●	●		
Aprikosen							●	●				
Birnen								●	●			
Brombeeren								●	●	●		
Erdbeeren						●	●	●	●			
Heidelbeeren							●	●				
Himbeeren							●	●				
Holunderbeeren									●	●		
Johannisbeeren						●	●	●				
Kirschen, süß						●	●	●				
Kirschen, sauer							●	●				
Mirabellen							●	●				
Pfirsische							●	●				
Pflaumen								●	●			
Preiselbeeren							●	●	●	●		
Quitten										●	●	
Stachelbeeren							●	●	●			
Tafeltrauben								●	●	●		
Walnüsse									●	●	●	
Haselnüsse									●	●	●	
Eßkastanien									●	●		



# Saisonkalender Gemüse

	JAN	FEB	MÄR	APR	MAI	JUN	JUL	AUG	SEP	OKT	NOV	DEZ
Auberginen						●	●	●	●			
Blumenkohl				●	●	●	●	●	●	●	●	
Bohnen						●	●	●	●	●		
Brokkoli					●	●	●	●	●	●	●	●
Chinakohl	●	●	●	●	●	●	●	●	●	●	●	●
Chicorée	●	●	●	●	●	●	●	●	●	●	●	●
Erbsen						●	●	●	●			
Feldsalat	●	●	●	●	●	●	●	●	●	●	●	●
Grünkohl	●	●	●								●	●
Gurken			●	●	●	●	●	●	●	●		
Kohlrabi				●	●	●	●	●	●	●	●	
Kürbis								●	●	●	●	
Lauch	●	●	●	●	●	●	●	●	●	●	●	●
Mangold			●	●	●	●	●	●	●	●	●	
Möhren	●	●	●	●	●	●	●	●	●	●	●	●
Paprika					●	●	●	●	●			
Radieschen					●	●	●	●	●	●	●	
Rettich					●	●	●	●	●	●	●	
Rosenkohl	●	●								●	●	●
Rote Beete						●	●	●	●	●	●	
Rotkohl							●	●	●	●	●	
Rucola					●	●	●	●	●	●	●	
Sellerie					●	●	●	●	●	●	●	
Spargel				●	●	●						
Spinat				●	●	●	●	●	●	●	●	
Tomaten							●	●	●			
Weißkohl							●	●	●	●	●	
Wirsing							●	●	●	●	●	
Zucchini							●	●	●	●		

