



# Saisonkalender: Gemüse

|                           | Januar | Februar | März | April | Mai | Juni | Juli | August | September | Oktober | November | Dezember |
|---------------------------|--------|---------|------|-------|-----|------|------|--------|-----------|---------|----------|----------|
| Auberginen                |        |         |      |       |     |      |      |        |           |         |          |          |
| Blumenkohl                |        |         |      |       |     |      |      |        |           |         |          |          |
| Bohnen (grün)             |        |         |      |       |     |      |      |        |           |         |          |          |
| Bohnen (dick)             |        |         |      |       |     |      |      |        |           |         |          |          |
| Brokkoli                  |        |         |      |       |     |      |      |        |           |         |          |          |
| Chinakohl                 |        |         |      |       |     |      |      |        |           |         |          |          |
| Erbsen                    |        |         |      |       |     |      |      |        |           |         |          |          |
| Fenchel                   |        |         |      |       |     |      |      |        |           |         |          |          |
| Grünkohl                  |        |         |      |       |     |      |      |        |           |         |          |          |
| Gurken                    |        |         |      |       |     |      |      |        |           |         |          |          |
| Kartoffeln                |        |         |      |       |     |      |      |        |           |         |          |          |
| Karotten                  |        |         |      |       |     |      |      |        |           |         |          |          |
| Kohlrabi                  |        |         |      |       |     |      |      |        |           |         |          |          |
| Kürbis                    |        |         |      |       |     |      |      |        |           |         |          |          |
| Lauch (Porree)            |        |         |      |       |     |      |      |        |           |         |          |          |
| Lauch (Frühlingszwiebeln) |        |         |      |       |     |      |      |        |           |         |          |          |
| Mais                      |        |         |      |       |     |      |      |        |           |         |          |          |
| Mangold                   |        |         |      |       |     |      |      |        |           |         |          |          |
| Paprika                   |        |         |      |       |     |      |      |        |           |         |          |          |
| Pastinake                 |        |         |      |       |     |      |      |        |           |         |          |          |
| Petersilienwurzel         |        |         |      |       |     |      |      |        |           |         |          |          |
| Radieschen                |        |         |      |       |     |      |      |        |           |         |          |          |
| Rettich                   |        |         |      |       |     |      |      |        |           |         |          |          |
| Rosenkohl                 |        |         |      |       |     |      |      |        |           |         |          |          |
| Rote Beete                |        |         |      |       |     |      |      |        |           |         |          |          |
| Rotkohl                   |        |         |      |       |     |      |      |        |           |         |          |          |
| Schwarzwurzeln            |        |         |      |       |     |      |      |        |           |         |          |          |
| Sellerie (Knolle)         |        |         |      |       |     |      |      |        |           |         |          |          |
| Sellerie (Stange)         |        |         |      |       |     |      |      |        |           |         |          |          |
| Spargel                   |        |         |      |       |     |      |      |        |           |         |          |          |
| Spinat                    |        |         |      |       |     |      |      |        |           |         |          |          |
| Spitzkohl                 |        |         |      |       |     |      |      |        |           |         |          |          |
| Steckrüben                |        |         |      |       |     |      |      |        |           |         |          |          |
| Tomaten                   |        |         |      |       |     |      |      |        |           |         |          |          |
| Topinambur                |        |         |      |       |     |      |      |        |           |         |          |          |
| Weißkohl                  |        |         |      |       |     |      |      |        |           |         |          |          |
| Wirsingkohl               |        |         |      |       |     |      |      |        |           |         |          |          |
| Zucchini                  |        |         |      |       |     |      |      |        |           |         |          |          |
| Zuckerschoten             |        |         |      |       |     |      |      |        |           |         |          |          |
| Zwiebeln                  |        |         |      |       |     |      |      |        |           |         |          |          |

## Legende:

- = Die Produkte sind in diesem Monat frisch verfügbar.
- = Die Produkte sind in diesem Monat als Lagerware verfügbar.

- = Die Produkte sind in diesem Monat nicht regional-saisonal verfügbar.