

# Saisonkalender

JETZT **Losleben**

## Gemüse

	Januar	Februar	März	April	Mai	Juni	Juli	August	September	Oktober	November	Dezember
Aubergine								●	●	●		
Bärlauch			●	●	●							
Blumenkohl					●	●	●	●	●	●		
Bohnen							●	●	●	●		
Brokkoli						●	●	●	●	●		
Champignons	●	●	●	●	●	●	●	●	●	●	●	●
Chinakohl	●	●	●	●	●	●	●	●	●	●	●	●
Erbsen						●	●	●	●			
Fenchel						●	●	●	●	●	●	
Frühlingszwiebel					●	●	●	●	●	●	●	
Grünkohl	●	●									●	●
Gurken						●	●	●	●			
Karotten	●	●	●	●	●	●	●	●	●	●	●	●
Kartoffeln	●	●	●	●	●	●	●	●	●	●	●	●
Knollensellerie	●	●	●	●	●	●	●	●	●	●	●	●
Kohlrabi					●	●	●	●	●	●		
Kürbis	●	●	●	●				●	●	●	●	●
Lauch	●	●	●	●			●	●	●	●	●	●
Mais									●	●		
Mangold					●	●	●	●	●	●		
Paprika								●	●	●		
Pastinaken	●	●	●	●					●	●	●	●
Radieschen				●	●	●	●	●	●	●		

● frisch ○ aus Lagerung

	Januar	Februar	März	April	Mai	Juni	Juli	August	September	Oktober	November	Dezember
Rettich	●	●	●	●	●	●	●	●	●	●	●	●
Rosenkohl	●	●	●							●	●	●
Rote Bete	●	●	●	●				●	●	●	●	●
Rotkohl	●	●	●				●	●	●	●	●	●
Schwarzwurzel	●	●								●	●	●
Spargel					●	●	●					
Spinat			●	●	●				●	●		
Spitzkohl	●	●	●	●		●	●	●	●	●	●	●
Staudensellerie					●	●	●	●	●	●	●	
Steckrüben	●	●	●						●	●	●	●
Tomaten								●	●	●		
Weißkohl	●	●	●	●			●	●	●	●	●	●
Wirsing	●	●	●	●		●	●	●	●	●	●	●
Zucchini						●	●	●	●	●		
Zuckerschoten						●	●	●				
Zwiebel	●	●	●	●	●	●	●	●	●	●	●	●

## Salate

	Januar	Februar	März	April	Mai	Juni	Juli	August	September	Oktober	November	Dezember
Batavia					●	●	●	●	●	●		
Chicorée	●	●	●							●	●	●
Eichblattsalat					●	●	●	●	●	●		
Eissalat					●	●	●	●	●	●	●	
Endiviensalat					●	●	●	●	●	●	●	
Feldsalat	●	●	●	●						●	●	●

	Januar	Februar	März	April	Mai	Juni	Juli	August	September	Oktober	November	Dezember
Kopfsalat					●	●	●	●	●	●		
Lollo Rossa					●	●	●	●	●	●		
Pflücksalat					●	●	●	●	●	●		
Radiccio							●	●	●	●		
Romanasalat						●	●	●	●			
Rucola					●	●	●	●	●	●	●	

## Obst

	Januar	Februar	März	April	Mai	Juni	Juli	August	September	Oktober	November	Dezember
Äpfel	●	●	●	●				●	●	●	●	●
Birnen	●								●	●	●	●
Blaubeeren						●	●	●	●			
Brombeeren							●	●	●			
Erdbeeren						●	●	●	●			
Himbeeren							●	●	●			
Holunderbeeren									●	●		
Johannisbeeren						●	●	●				
Kirschen						●	●	●				
Mirabellen							●	●	●			
Pflaumen							●	●	●			
Quitten										●	●	
Rhabarbar				●	●	●						
Stachelbeeren						●	●	●				
Trauben									●	●		
Zwetschgen							●	●	●	●		