

## Saisonkalender

<b>Frischobst</b>	Jan.	Feb.	Mär.	Apr.	Mai	Jun.	Jul.	Aug.	Sep.	Okt.	Nov.	Dez.
Apfel	●	●	●	●	●	●	●	●	●	●	●	●
Aprikose					●	●	●	●	●			
Birne	●	●	●	●	●	●	●	●	●	●	●	●
Brombeere							●	●	●	●		
Erdbeere					●	●	●	●			●	●
Himbeere						●	●	●	●			
Holunderbeere									●	●	●	
Johannisbeere						●	●	●				
Kirsche					●	●	●	●				
Mirabelle							●	●	●			
Pfirsich / Nektarine	●	●	●	●	●	●	●	●	●			
Pflaume / Zwetschge		●	●			●	●	●	●	●		
Preiselbeere								●	●	●		
Quitte									●	●	●	
Rhabarber				●	●	●						
Stachelbeere						●	●	●				
Weintraube	●	●	●	●	●	●	●	●	●	●	●	●

<b>Südfrüchte</b>	Jan.	Feb.	Mär.	Apr.	Mai	Jun.	Jul.	Aug.	Sep.	Okt.	Nov.	Dez.
Ananas	●	●	●	●	●	●	●	●	●	●	●	●
Apfelsine	●	●	●	●	●	●	●	●	●	●	●	●
Avocado	●	●	●	●	●	●	●	●	●	●	●	●
Banane	●	●	●	●	●	●	●	●	●	●	●	●
Clementine	●	●								●	●	●
Granatapfel										●	●	●
Grapefruit	●	●	●	●	●	●	●	●	●	●	●	●
Kakifrukt										●	●	●
Mango	●	●	●	●	●	●	●	●	●	●	●	●
Orange	●	●	●	●	●	●	●	●	●	●	●	●
Passionsfrucht	●	●	●	●				●	●	●	●	●
Zitrone	●	●	●	●	●	●				●	●	●

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Gemüse	Jan.	Feb.	Mär.	Apr.	Mai	Jun.	Jul.	Aug.	Sep.	Okt.	Nov.	Dez.
Artischocke	●	●	●	●	●					●	●	●
Aubergine	●	●	●	●	●	●	●	●	●	●		
Blumenkohl	●	●	●	●	●	●	●	●		●	●	●
Bohnen, grün				●	●	●	●	●	●	●	●	●
Brokkoli		●	●	●				●	●	●		
Chicorée	●	●	●	●						●	●	●
Erbsen, grün				●	●	●	●	●				
Feldsalat	●	●	●						●	●	●	●
Fenchel	●	●	●	●						●	●	●
Gurke	●	●	●	●	●	●	●	●	●	●	●	●
Karotte	●	●	●	●	●	●	●	●	●	●	●	●
Kohlrabi		●	●	●	●	●	●	●	●	●		
Kopfsalat	●	●	●	●	●	●	●	●	●	●	●	●
Kürbis						●	●	●	●	●	●	●
Lauch	●	●	●	●	●	●	●	●	●	●	●	●
Meerrettich	●	●	●	●						●	●	●
Melone	●	●	●	●	●	●	●	●	●	●	●	●
Paprika	●	●	●	●	●	●	●	●	●	●	●	●
Radieschen	●	●	●	●	●	●	●	●	●	●	●	●
Rettich	●	●	●	●	●	●	●	●	●	●	●	●
Rosenkohl	●	●	●	●								
Rote Bete	●	●							●	●	●	●
Rotkohl	●	●	●	●	●	●	●	●	●	●	●	●
Schwarzwurzel	●	●	●							●	●	●
Sellerie (Knolle)	●	●	●	●					●	●	●	●
Spargel		●	●	●	●	●						
Spinat	●	●	●	●	●	●	●	●	●	●	●	●
Staudensellerie	●	●	●		●	●	●	●	●	●	●	●
Steckrübe	●	●	●						●	●	●	●
Tomate	●	●	●	●	●	●	●	●	●	●	●	●
Weißkohl	●	●	●	●	●	●	●	●	●	●	●	●
Wirsing	●	●	●	●	●	●	●	●	●	●	●	●
Zucchini	●	●	●	●	●	●	●	●	●	●	●	●
Zwiebel	●	●	●	●	●	●	●	●	●	●	●	●