

# Saisonkalender

## Gemüsesorten

GEMÜSE	JAN	FEB	MÄR	APR	MAI	JUN	JUL	AUG	SEP	OKT	NOV	DEZ
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								●	●	●	●	
Porre/Lauch	○	○	○				●	●	●	●	●	○
Postelein							●	●	●			
Radieschen			○	○	●	●	●	●	●	●	○	
Rettich					○	○	●	●	●	●		
Rosenkohl	●	○								●	●	●
Rote Bete, Rote Rüben						●	●	●	●	●	●	
Rotkohl	○	○	○						●	●	●	○
Salatgurken						●	●	●	●	○		
Schwarzwurzeln	●									●	●	●
Sellerieknollen	○	○	○						●	●	●	○
Spargel				●	●	●						
Spinat			●	●	●	●			●	●	●	

○ Gemüse ist in diesem Monat als Lagerware regional verfügbar

● Überwiegend aus einheimischem Freilandanbau

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GEMÜSE	JAN	FEB	MÄR	APR	MAI	JUN	JUL	AUG	SEP	OKT	NOV	DEZ
Steckrüben	●									●	●	●
Teltower Rübchen						●	●			●	●	
Tomaten				○	○	○	●	●	●	●	○	
Topinambur	●	●	●						●	●	●	
Weiß-,Spitzkohl	○				●	●			●	●	●	○
Wirsing	●	●			●	●			●	●	●	○
Zuckermais								●	●	●		
Zucchini						●	●	●	●	●	○	
Zwiebeln	○	○	○	○	○	○	●	●	●	●	○	○

BLATTSALATE	JAN	FEB	MÄR	APR	MAI	JUN	JUL	AUG	SEP	OKT	NOV	DEZ
Bataviasalat					●	●	●	●	●			
Eichblattsalat					●	●	●	●	●	○		
Eisbergsalat					●	●	●	●	●	●		
Endiviensalat/Eskariol					○	●	●	●	●	●	○	
Feldsalat/Rapunzel	●	●								●	●	●
Kopfsalat				○	●	●	●	●	●	●		
Lollo rosa, L. Bionda					●	●	●	●	●	●		
Löwenzahn					●	●	●	●	●			
Radicchio							●	●	●	●		

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