

Ihr Saisonkalender

Die praktische Einkaufshilfe fürs ganze Jahr

OBST

Obst (heimisch)	Jan	Feb	Mär	Apr	Mai	Jun	Jul	Aug	Sep	Okt	Nov	Dez
Apfel	○	○	○	○	○			●	●	●	●	○
Aprikose						○	●	●				
Birne								●	●	●	○	○
Blaubeere						●	●	●	●			
Brombeere							●	●	●			
Erdbeere					●	●	●					
Esskastanie	○								●	●	○	○
Haselnuss	○								●	●	●	○
Himbeere						●	●	●				
Holunderbeere									●	●		
Johannisbeere						●	●	●				
Mirabelle							●	●	●			
Nektarine					○	●	●	●	●	●		
Pfirsich					○	●	●	●	●	●		
Pflaume							●	●	●			
Preiselbeere							●	●	●	●		
Quitte									●	●	●	
Rhabarber				●	●	●						
Sauerkirsche							●	●	●			
Stachelbeere						●	●	●				
Süßkirsche						●	●	●				
Walnuss	○								●	●	●	○
Weintraube							○	○	●	●	○	

● Frisch, aus heimischem Anbau verfügbar ○ Lagerbestände, aus heimischem Anbau verfügbar

Obst (importiert)	Jan	Feb	Mär	Apr	Mai	Jun	Jul	Aug	Sep	Okt	Nov	Dez
Ananas	●	●	●	●	○	○	○	○	●	●	●	●
Avocado	●	●	●	●	○	○	○	○	●	●	●	●
Banane	●	●	●	●	●	●	●	●	●	●	●	●
Clementine	●	●	○	○					○	○	●	●
Grapefruit	●	●	●	●	○	○	○	○	○	●	●	●
Kiwi	●	●	●	●	●	●	●	●	●	●	●	●
Orange	●	●	●	●	○				○	●	●	●
Wassermelone						○	○	●	●	○		
Zitrone	●	●	●	●	●	●	●	●	●	●	●	●

● Monate mit starkem Angebot ○ Monate mit steigendem bzw. fallendem Angebot

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GEMÜSE

Gemüse	Jan	Feb	Mär	Apr	Mai	Jun	Jul	Aug	Sep	Okt	Nov	Dez
Aubergine							●	●	●	●		
Blumenkohl					●	●	●	●	●	●		
Bohne, grün							●	●	●	●		
Brokkoli						●	●	●	●	●		
Champignon	●	●	●	●	●	●	●	●	●	●	●	●
Dicke Bohne						●	●	●				
Erbse						●	●	●				
Fenchel						●	●	●	●	●	●	
Frühlingszwiebel					●	●	●	●	●	●		
Grünkohl	●	●									●	●
Gurke						●	●	●	●	●		
Kartoffel	○	○	○	○	○	●	●	●	●	●	○	○
Kohlrabi					●	●	●	●	●	●		
Kürbis	○	○						●	●	●	●	○
Mais								●	●	●		
Mangold					●	●	●	●	●	●		
Möhre/Karotte	○	○	○	○	○	●	●	●	●	●	○	○
Paprika							●	●	●	●		
Pastinake	●	●	●						●	●	●	●
Porree	●	●	●	●			●	●	●	●	●	●
Radieschen					●	●	●	●	●	●		
Rosenkohl	●	●	●							●	●	●
Rote Bete	○	○	○	○			●	●	●	●	●	○
Rotkohl	○	○	○	○	○	●	●	●	●	●	●	○
Schwarzwurzel	●	●								●	●	●
Spargel				●	●	●						
Spinat			●	●	●							
Spitzkohl					●	●						
Staudensellerie							●	●	●	●		
Steckrübe	○	○	○						●	●	●	●
Tomate							●	●	●	●		
Topinambur	●	●	●							●	●	●
Weißkohl	○	○	○	○		●	●	●	●	●	●	○
Wirsingkohl	●	●			●	●	●	●	●	●	●	●
Zucchini						●	●	●	●	●		
Zuckerschote						●	●	●				

● Frisch, aus heimischem Anbau verfügbar

○ Lagerbestände, aus heimischem Anbau verfügbar