

# SAISONKALENDER



**Land  
schafft  
Leben**

WISSEN ZUM ESSEN

	JÄN.	FEB.	MÄR.	APR.	MAI	JUN.	JUL.	AUG.	SEP.	OKT.	NOV.	DEZ.
ÄPFEL	●	●	●	●	●	●	●	●	●	●	●	●
BIRNEN	●	●								●	●	●
BROMBEEREN						●	●	●	●	●	●	●
ERDBEEREN					○	●	●	●	●	●	●	●
HEIDELBEEREN						●	●	●	●	●	●	●
HIMBEEREN						○	●	●	●	○	●	●
KIRSCHEN						●	●	●	●	●	●	●
MARILLEN						●	●	●	●	●	●	●
PFIRSICHE						●	●	●	●	●	●	●
RIBISEL						●	●	●	●	●	●	●
WEINTRAUBEN							●	●	●	●	●	●
ZWETSCHKEN							●	●	●	●	●	●
BROKKOLI						●	●	●	●	●	●	●
CHINAKOHL	●	●				●	●	●	●	●	●	●
EISBERGSALAT				○	●	●	●	●	●	●	●	●
ENDIVIENSALAT							●	●	●	●	●	●
FENCHEL						●	●	●	●	●	●	●
FISOLEN						●	●	●	●	●	●	●
FRÜHLINGSZWIEBEL					●	●	●	●	●	●	●	●
GURKEN					○	○	○	○	○	○	○	○
HÄUPTLSALAT			○	○	●	●	●	●	●	●	○	○
KARFIOL					●	●	●	●	●	●	●	●
KAROTTEN	●	●	●	●	●	●	●	●	●	●	●	●
KARTOFFELN	●	●	●	●	●	●	●	●	●	●	●	●
KNOBLAUCH	●	●	●	●	●	●	●	●	●	●	●	●
KNOLLESELLERIE	●	●	●	●	●	●	●	●	●	●	●	●
KOHL	●	●				●	●	●	●	●	●	●
KOHLRABI				○	●	●	●	●	●	●	○	○
KOHLSPROSSEN	●	●										
KREN	●	●	●	●	●	●	●	●	●	●	●	●
KÜRBIS	●	●	●					●	●	●	●	●
PAPRIKA						○	●	●	●	○	●	●
PETERSILIENWURZEL	●	●	●	●	●	●	●	●	●	●	●	●
PORREE/LAUCH	●	●	●	●	●	●	●	●	●	●	●	●
RADICCHIO						●	●	●	●	●	●	●
RADIESCHEN			○	○	●	●	●	●	●	●	○	○
RETTICH					●	●	●	●	●	●	●	●
RHABARBER					●	●	●	●	●	●	●	●
ROTE RÜBEN	●	●	●	●	●	●	●	●	●	●	●	●
ROTKRAUT	●	●					●	●	●	●	●	●
RUCOLA			○	○	●	●	●	●	●	●	○	○
SPARGEL				●	●	●	●	●	●	●	●	●
SPINAT			○	●	●	●	●	●	●	●	●	●
STANGENSELLERIE						●	●	●	●	●	●	●
SÜSSKARTOFFELN									●	●	●	●
TOMATEN						○	●	●	●	○	○	○
VOGERLSALAT	○	○	●	●	●	●	●	●	●	○	○	○
WEISSKRAUT	●	●				●	●	●	●	●	●	●
ZUCCHINI						●	●	●	●	●	●	●
ZUCKERMAIS							●	●	●	●	●	●
ZWIEBEL	●	●	●	●	●	●	●	●	●	●	●	●

01 02 03 04 05 06 07 08 09 10 11 12

# ÖSTERREICH



● lagernd ● frische Ernte ○ Folientunnel