

Einkoch-Saisonkalender

für regionales Obst und Gemüse



Obst

| | Jan. | Feb. | März | April | Mai | Juni | Juli | Aug. | Sep. | Okt. | Nov. | Dez. |
|-----------------|------|------|------|-------|-----|------|------|------|------|------|------|------|
| Äpfel | | | | | | | | ● | ● | ● | | |
| Aprikosen | | | | | | | ● | ● | | | | |
| Birnen | | | | | | | | ● | ● | | | |
| Brombeeren | | | | | | | | ● | ● | ● | | |
| Erdbeeren | | | | | | ● | ● | ● | ● | | | |
| Heidelbeeren | | | | | | | ● | ● | | | | |
| Himbeeren | | | | | | | ● | ● | | | | |
| Johannisbeeren | | | | | | ● | ● | ● | | | | |
| Kirschen, sauer | | | | | | | ● | ● | | | | |
| Kirschen, süß | | | | | | | ● | ● | | | | |
| Mirabellen | | | | | | | ● | ● | | | | |
| Pfirsiche | | | | | | | ● | ● | ● | | | |
| Pflaumen | | | | | | | | | ● | | | |
| Stachelbeeren | | | | | | | ● | ● | ● | ● | | |
| Tafeltrauben | | | | | | | | ● | | ● | ● | |
| Quitten | | | | | | | | | | | | |

Sehr geringe Klimabelastung:

● Freilandprodukte

Geringe bis mittlere Klimabelastung:

■ „Geschützter Anbau“
(Abdeckung mit Folie
oder Vlies, ungeheizt)

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Gemüse

| | Jan. | Feb. | März | April | Mai | Juni | Juli | Aug. | Sep. | Okt. | Nov. | Dez. |
|--|------|------|------|-------|-----|------|------|------|------|------|------|------|
| Blumenkohl | | | | | ● | ● | ● | ● | ● | ● | ● | |
| Bohnen | | | | | | ● | ● | ● | ● | ● | | |
| Brokkoli | | | | | ● | ● | ● | ● | ● | ● | ● | |
| Chinakohl | | | | | | ● | ● | ● | ● | ● | ● | |
| Erbsen | | | | | ● | ● | ● | ● | ● | | | |
| Fenchel | | | | | | ● | ● | ● | ● | ● | ● | |
| Grünkohl | ● | ● | | | | | | | ● | ● | ● | ● |
| Gurken: <i>Einlege-, Schäl- gurken</i> | | | | | | ● | ● | ● | ● | | | |
| Kartoffeln | | | | | | ● | ● | ● | ● | ● | ● | |
| Kohlrabi | | | | | ● | ● | ● | ● | ● | ● | | |
| Kürbis | | | | | | | | | ● | ● | ● | |
| Möhren | | | | | | ● | ● | ● | ● | ● | ● | |
| Pastinaken: <i>Wurzelpetersilie</i> | | | | | | | | ● | ● | ● | ● | |
| Porree (<i>Lauch</i>) | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Radieschen | | | | | ● | ● | ● | ● | ● | ● | ● | |
| Rettich | | | | | ● | ● | ● | ● | ● | ● | ● | |
| Rhabarber | | | | ● | ● | ● | | | | | | |
| Rosenkohl | ● | ● | | | | | | | ● | ● | ● | ● |
| Rote Bete | | | | | | ● | ● | ● | ● | ● | ● | |
| Rotkohl | | | | | | | ● | ● | ● | ● | ● | |
| Schwarzwurzel | | | | | | | | | ● | ● | ● | |
| Sellerie: <i>Knollensellerie</i> | | | | | | | ● | ● | ● | ● | ● | |
| Sellerie: <i>Stangensellerie</i> | | | | | | ● | ● | ● | ● | ● | ● | |
| Spargel | | | | ● | ● | ● | | | | | | |
| Speiserüben <i>(Mai-/Herbst- rüben)</i> | | | | | | ● | ● | ● | ● | ● | ● | |

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| Spinat | | | | ● | ● | ● | ● | ● | ● | ● | ● | |
| Spitzkohl | | | | | | ● | ● | ● | ● | ● | ● | |
| Steckrüben <i>(Kohlrüben)</i> | | | | | | | | ● | ● | ● | ● | |
| Tomaten: <i>geschützter Anbau</i> | | | | | | ■ | ■ | ■ | ■ | | | |
| Tomaten: <i>Gewächshaus</i> | | | ● | ● | ● | ● | ● | ● | ● | ● | ● | |
| Weißkohl | | | | | | | ● | ● | ● | ● | ● | |
| Wirsingkohl | | | | | | | ● | ● | ● | ● | ● | |
| Zucchini | | | | | | | ● | ● | ● | ● | | |
| Zuckermais | | | | | | | | ● | ● | ● | | |
| Zwiebeln | | | | | | | ● | ● | ● | ● | | |
| Zwiebeln: <i>Bund-, Lauch-, Früh- lingszwiebeln</i> | | | | ● | ● | ● | ● | ● | ● | ● | ● | |

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