

Saisonkalender Herbst – Gemüse



GEMÜSE	September	Oktober	November
Aubergine	●	●	
Bohnen (grüne)	●	●	
Blumenkohl	●	●	
Brokkoli	●	●	
Champignons	●	●	●
Erbsen			
Fenchel	●	●	●
Grünkohl			●
Gurke (Salat-)	●	●	
Kohlrabi	●	●	
Kürbis	●	●	●
Lauch/Porree	●	●	●
Mais	●	●	
Möhren	●	●	▲
Paprika	●	●	
Pastinaken	●	●	●
Radieschen	●	●	
Rhabarber			
Rosenkohl		●	●
Rote Bete	●	●	●
Rotkohl	●	●	●
Schwarzwurzeln		●	●
Sellerie (Stauden-)	●	●	
Sellerie (Knollen-)		●	●
Spargel			
Spinat	●	●	●
Spitzkohl			
Tomaten	●	●	
Topinambur		●	●
Weißkohl	●	●	●
Wirsingkohl	●	●	●
Zucchini	●	●	
Zwiebeln (Gemüse-)	●	●	▲

● = frisch aus heimischem Anbau

▲ = Lagerware aus heimischem Anbau