Saisonkalender – Gemüse

● = *Freilandprodukt* ▲ = Lagerware

AOK

GEMÜSE	Jan.	Feb.	März	April	Mai	Juni	Juli	Aug.	Sept.	Okt.	Nov.	Dez.
Blumenkohl					●	●	●	●	●	●	●	
Bohnen						●	●	●	●	●		
Broccoli					●	●	●	●	●	●	●	
Chicorée	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Chinakohl	▲	▲	▲	▲		●	●	●	●	●	●	▲
Eisbergsalat					●	●	●	●	●	●		
Erbsen					●	●	●	●	●			
Feldsalat	●	●	▲	▲	▲	▲	▲	▲	●	●	▲	▲
Fenchel						●	●	●	●	●	●	
Grünkohl	●	●							●	●	●	●
Gurken						●	●	●	●			
Kartoffeln	▲	▲	▲	▲	▲	●▲	●▲	●▲	●▲	●▲	●▲	▲
Knollensellerie	▲	▲	▲	▲	▲	▲	●	●	●	●	●	▲
Kohlrabi					●▲	●	●	●	●	●		
Kopfsalat								●	●	●		
Kürbis	▲	▲	▲						●	●	●	▲
Lauchzwiebeln				●▲	●	●	●	●	●	●	●	
Mangold				▲	●	●	●	●	●			
Möhren	▲	▲	▲	▲	▲	●▲	●	●	●	●	●	▲
Pastinaken	▲	▲	▲	▲				●	●	●	●	▲
Porree	●▲	●▲	●▲	●	●	●	●	●	●	●	●	●
Radieschen					●	●	●	●	●	●	●	
Rettich	▲	▲	▲	▲	●▲	●	●	●	●	●	●	▲
Rhabarber				●	●	●	●					
Rosenkohl	●	●							●	●	●	●
Rote Bete	▲	▲	▲	▲	▲	●	●	●	●	●	●	▲
Rotkohl	▲	▲	▲	▲	▲	▲	●	●	●	●	●	▲
Schwarzwurzel	▲	▲	▲						●	●	●	▲
Spargel				●	●	●						
Speiserübe						●	●	●	●	●	●	
Spinat				●	●	●	●	●	●	●	●	
Spitzkohl	▲	▲				●	●	●	●	●	●	▲
Stangensellerie						●	●	●	●	●	●	
Steckrübe	▲	▲						●	●	●	●	▲
Tomaten						▲	▲	●	●	●		
Weißkohl	▲	▲	▲	▲			●	●	●	●	●	▲
Wirsingkohl	▲	▲	▲	▲	▲		●	●	●	●	●	▲
Zucchini							●	●	●	●		
Zuckermais								●	●	●		
Zwiebeln	▲	▲	▲	▲	▲	▲	●	●	●	●	▲	▲