

Die Wiederentdeckung der Saisonalität

Schweizer Gemüse – Näher ist frischer

«Cuisine du Marché» ist angesagt, mit frischem Schweizer Gemüse. Das gibt's zwar nicht zu jeder Zeit, aber es ist jederzeit frisch. Und in einer Güte und Vielfalt, die uns staunen lässt. Ganz zu schweigen von den ökologischen Vorteilen der natürlichen Produktion und der kurzen Transportwege.



| | Jan. | Feb. | März | April | Mai | Juni | Juli | Aug. | Sept. | Okt. | Nov. | Dez. |
|------------------|------|------|------|-------|-----|------|------|------|-------|------|------|------|
| Aubergine | | | | | | | | | | | | |
| Batavia | | | | | | | | | | | | |
| Blumenkohl | | | | | | | | | | | | |
| Bodenkohlrabi | | | | | | | | | | | | |
| Bohnen | | | | | | | | | | | | |
| Brokkoli | | | | | | | | | | | | |
| Catalogna | | | | | | | | | | | | |
| Cherry Tomate | | | | | | | | | | | | |
| Chicorée | | | | | | | | | | | | |
| Chinakohl | | | | | | | | | | | | |
| Cicorino rot | | | | | | | | | | | | |
| Eisbergsalat | | | | | | | | | | | | |
| Endivie gekraust | | | | | | | | | | | | |
| Endivie glatt | | | | | | | | | | | | |
| Erbsen | | | | | | | | | | | | |
| Federkohl | | | | | | | | | | | | |
| Fenchel | | | | | | | | | | | | |
| Frükartoffeln | | | | | | | | | | | | |
| Gurke | | | | | | | | | | | | |
| Herbstrübe | | | | | | | | | | | | |
| Karotten | | | | | | | | | | | | |
| Karotten Bund | | | | | | | | | | | | |
| Kardy | | | | | | | | | | | | |
| Kefe | | | | | | | | | | | | |
| Knoblauch | | | | | | | | | | | | |
| Knollensellerie | | | | | | | | | | | | |
| Kohlrabi | | | | | | | | | | | | |
| Kopfsalat | | | | | | | | | | | | |
| Krautstiel | | | | | | | | | | | | |
| Kürbis | | | | | | | | | | | | |
| Lattich | | | | | | | | | | | | |
| Lauch | | | | | | | | | | | | |
| Lollo rot | | | | | | | | | | | | |
| Löwenzahn | | | | | | | | | | | | |

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|----------------------|------|------|------|-------|-----|------|------|------|-------|------|------|------|
| Mairübe | | | | | | | | | | | | |
| Melone | | | | | | | | | | | | |
| Nüssler | | | | | | | | | | | | |
| Pak-Choi | | | | | | | | | | | | |
| Paprika | | | | | | | | | | | | |
| Pastinake | | | | | | | | | | | | |
| Perettitomate | | | | | | | | | | | | |
| Petersilie | | | | | | | | | | | | |
| Portulak | | | | | | | | | | | | |
| Radieschen | | | | | | | | | | | | |
| Randen | | | | | | | | | | | | |
| Rhabarber | | | | | | | | | | | | |
| Rispentomate | | | | | | | | | | | | |
| Romanesco | | | | | | | | | | | | |
| Rosenkohl | | | | | | | | | | | | |
| Rotkabis | | | | | | | | | | | | |
| Rüben | | | | | | | | | | | | |
| Schalotte | | | | | | | | | | | | |
| Schnittsalat | | | | | | | | | | | | |
| Schnittlauch | | | | | | | | | | | | |
| Schwarzwurzel | | | | | | | | | | | | |
| Spargeln grün, weiss | | | | | | | | | | | | |
| Spinat | | | | | | | | | | | | |
| Stangensellerie | | | | | | | | | | | | |
| Tomate | | | | | | | | | | | | |
| Topinambour | | | | | | | | | | | | |
| Weisskabis | | | | | | | | | | | | |
| Wirz | | | | | | | | | | | | |
| Zucchetti | | | | | | | | | | | | |
| Zuckerhut | | | | | | | | | | | | |
| Zuckermais | | | | | | | | | | | | |
| Zwiebel | | | | | | | | | | | | |
| Zwiebeln Bund | | | | | | | | | | | | |