

# Saisonkalender.

## Gemüse

|                    | Jan | Feb | Mrz | Apr | Mai | Jun | Jul | Aug | Sep | Okt | Nov | Dez |
|--------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Artischocke        |     |     |     |     |     |     | ●   | ●   | ●   | ●   |     |     |
| Aubergine          |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     |     |
| Batavia            |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     |
| Blumenkohl         |     |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     |
| Bodenkohlraabi     | ●   | ●   | ●   | ●   |     |     | ●   | ●   | ●   | ●   | ●   | ●   |
| Bohnen             |     |     |     |     |     | ●   | ●   | ●   | ●   | ●   |     |     |
| Broccoli           |     |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     |
| Catalogna          |     |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   |     |     |
| Chicorée           | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Chinakohl          | ●   | ●   | ●   |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Cicorino rosso     | ●   | ●   |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Eichblatt          |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Eisbergsalat       |     |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   |     |     |
| Endivie            |     |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     |
| Erbsen             |     |     |     |     |     | ●   | ●   |     |     |     |     |     |
| Federkohl          | ●   | ●   | ●   |     |     |     |     |     |     | ●   | ●   | ●   |
| Fenchel            |     |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     |
| Flower sprouts     | ●   | ●   | ●   |     |     |     |     |     |     |     | ●   | ●   |
| Gurke              |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   |     |     |     |
| Herbstrübe         | ●   | ●   |     |     |     |     |     |     |     |     | ●   | ●   |
| Kardy              |     |     |     |     |     |     |     |     |     |     | ●   | ●   |
| Karotte            | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Kartoffel          | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Kefer              |     |     |     |     |     | ●   | ●   | ●   | ●   |     |     |     |
| Kichererbsen       | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Knoblauch          |     |     |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Knollensellerie    | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Kohlrabi           |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     |
| Kopfsalat          |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     |
| Krautstiel/Mangold |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     |
| Kürbis             | ●   | ●   |     |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   |
| Lattich            |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     |     |
| Lauch              | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Linsen             | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Lollo              |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     |

## Gemüse

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| Lupine            | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Mairübe           |     |     |     | ●   | ●   | ●   |     |     |     |     |     |     |
| Melone            |     |     |     |     |     |     | ●   | ●   |     |     |     |     |
| Nüsslisalat       | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Pak-Choi          |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     |
| Palmkohl          | ●   | ●   | ●   |     |     |     |     |     |     |     | ●   | ●   |
| Pastinake         | ●   | ●   | ●   |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   |
| Patisson          |     |     |     |     |     |     | ●   | ●   | ●   |     |     |     |
| Peperoni          |     |     |     |     |     | ●   | ●   | ●   | ●   | ●   |     |     |
| Petersilienwurzel | ●   | ●   |     |     |     |     |     |     |     | ●   | ●   | ●   |
| Quinoa            | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Radieschen        |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Rande             | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Rettich           |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Rhabarber         |     |     |     | ●   | ●   | ●   |     |     |     |     |     |     |
| Romanesco         |     |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     |
| Rosenkohl         | ●   |     |     |     |     |     |     |     | ●   | ●   | ●   | ●   |
| Rotkabis          | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Rucola            |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     |     |
| Schalotte         | ●   | ●   | ●   | ●   | ●   |     | ●   | ●   | ●   | ●   | ●   | ●   |
| Schwarzwurzel     | ●   | ●   |     |     |     |     |     |     |     | ●   | ●   | ●   |
| Soja              | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Spargel           |     |     |     | ●   | ●   | ●   |     |     |     |     |     |     |
| Spinat            |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     |
| Spitzkohl         | ●   | ●   | ●   | ●   |     |     |     |     | ●   | ●   | ●   | ●   |
| Stangensellerie   |     |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Süsskartoffel     | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Tomate            |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     |
| Topinambur        | ●   | ●   | ●   |     |     |     |     |     |     |     | ●   | ●   |
| Weisskabis        | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Wurz              | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Zucchetti         |     |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   |     |     |
| Zuckerhut         | ●   | ●   |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Zuckermais        |     |     |     |     |     |     | ●   | ●   | ●   | ●   | ●   |     |
| Zwiebel           | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |



Erntezeit

Teils längere Erntezeit dank geschütztem Anbau



Im Laden erhältlich

# Saisonkalender.

## Früchte

|                | Jan | Feb | Mrz | Apr | Mai | Jun | Jul | Aug | Sep | Okt | Nov | Dez |
|----------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Apfel          | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Aprikose       |     |     |     |     |     | ●   | ●   | ●   | ●   |     |     |     |
| Aroniabeeren   |     |     |     |     |     |     |     | ●   | ●   |     |     |     |
| Birne          | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Brombeeren     |     |     |     |     |     | ●   | ●   | ●   | ●   | ●   |     |     |
| Erdbeeren      |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |
| Feige          |     |     |     |     |     |     |     | ●   | ●   | ●   |     |     |
| Gojibeeren     |     |     |     |     |     |     |     | ●   | ●   | ●   |     |     |
| Heidelbeeren   |     |     |     |     |     | ●   | ●   | ●   | ●   |     |     |     |
| Himbeeren      |     |     |     |     |     | ●   | ●   | ●   | ●   | ●   |     |     |
| Johannisbeeren |     |     |     |     |     | ●   | ●   | ●   | ●   |     |     |     |
| Kirsche        |     |     |     |     |     | ●   | ●   |     |     |     |     |     |
| Kiwi           | ●   | ●   | ●   | ●   |     |     |     |     |     |     | ●   | ●   |
| Mini-Kiwi      |     |     |     |     |     |     |     |     | ●   | ●   |     |     |
| Mirabelle      |     |     |     |     |     |     | ●   | ●   |     |     |     |     |
| Nektarine      |     |     |     |     |     |     | ●   | ●   | ●   |     |     |     |
| Pfirsich       |     |     |     |     |     |     | ●   | ●   | ●   |     |     |     |
| Preiselbeeren  |     |     |     |     |     |     |     | ●   | ●   | ●   |     |     |
| Quitte         |     |     |     |     |     |     |     |     | ●   | ●   | ●   |     |
| Stachelbeeren  |     |     |     |     |     | ●   | ●   | ●   | ●   |     |     |     |
| Trauben        |     |     |     |     |     |     |     | ●   | ●   | ●   |     |     |
| Zwetschge      |     |     |     |     |     |     | ●   | ●   | ●   |     |     |     |

## Kräuter

|                 | Jan | Feb | Mrz | Apr | Mai | Jun | Jul | Aug | Sep | Okt | Nov | Dez |
|-----------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Bärlauch        |     |     | ●   | ●   |     |     |     |     |     |     |     |     |
| Basilikum       |     |     |     |     | ●   | ●   | ●   | ●   | ●   |     |     |     |
| Dill            |     |     |     |     |     | ●   | ●   | ●   | ●   |     |     |     |
| Estragon        |     |     |     |     | ●   | ●   | ●   | ●   | ●   |     |     |     |
| Goldmelisse     |     |     |     |     |     |     | ●   | ●   | ●   |     |     |     |
| Hagebutte       |     |     |     |     |     |     |     |     | ●   | ●   | ●   |     |
| Holunder        |     |     |     |     |     |     |     |     | ●   | ●   |     |     |
| Kamille         |     |     |     |     |     | ●   | ●   | ●   | ●   |     |     |     |
| Koriander       |     |     |     |     | ●   | ●   | ●   | ●   | ●   |     |     |     |
| Kresse          |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     |     |     |
| Liebstockel     |     |     |     |     | ●   | ●   | ●   | ●   |     |     |     |     |
| Majoran         |     |     |     |     |     |     |     | ●   | ●   |     |     |     |
| Oregano         |     |     |     |     |     | ●   | ●   | ●   | ●   |     |     |     |
| Petersilie      |     |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     |
| Pfefferminze    |     |     |     |     |     |     | ●   | ●   | ●   |     |     |     |
| Portulak        | ●   | ●   | ●   | ●   |     |     |     |     |     | ●   | ●   | ●   |
| Rosmarin        |     |     |     |     | ●   | ●   | ●   | ●   | ●   |     |     |     |
| Safran          |     |     |     |     |     |     |     |     |     | ●   | ●   |     |
| Salbei          |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     |
| Schnittlauch    |     |     |     |     | ●   | ●   | ●   | ●   | ●   |     |     |     |
| Zitronenmelisse |     |     |     |     |     | ●   | ●   | ●   |     |     |     |     |



Erntezeit

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Im Laden erhältlich

## Schon gewusst?

Frisch geerntete Lebensmittel direkt vom Hofladen schmecken am besten! Lange Transportwege kannst du dir sparen und schonst so die Umwelt. Vor Ort gibt dir dein Bauer oder deine Bäuerin gerne Auskunft zu allem, was du über die Herkunft und Herstellung wissen willst. Gewusst?! Einige Bauernfamilien bieten viel mehr an als nur das Einkaufserlebnis. Mache einen Ausflug mit deiner Familie und besuche zum Beispiel einen Hof mit Streichelzoo.

