Saisonkalender für regionales Obst und Gemüse

		Januar			Februar			März			April			Mai			Juni			Juli			August			September			Oktober			November			Dezember		
		Freiland	Gewächshaus	Lagerung	Freiland	Gewächshaus	Lagerung	Freiland	Gewächshaus	Lagerung	Freiland	Gewächshaus	Lagerung	Freiland	Gewächshaus	Lagerung	Freiland	Gewächshaus	Lagerung	Freiland	Gewächshaus	Lagerung	Freiland	Gewächshaus	Lagerung	Freiland	Gewächshaus	Lagerung	Freiland	Gewächshaus	Lagerung	Freiland	Gewächshaus	Lagerung	Freiland	Gewächshaus	Lagerung
Gemüse	Blumenkohl																✓			✓			✓			✓			✓			✓					
	Busch-/Stangenbohnen																			✓			✓			✓			✓								
	Broccoli																✓			✓			✓			✓			✓								
	Champignons	✓			✓			✓			✓			✓			✓			✓			✓			✓			✓			✓			✓		
	Chicorèe	✓			✓			✓																					✓			✓			✓		
	Chili																			✓			✓			✓			✓								
	Chinakohl			✓			✓			✓										✓			✓			✓			✓			✓					✓
	Dicke Bohnen																✓			✓			✓														
	Einlegegurken																			✓			✓			✓											
	Erbsen																✓			✓			✓														
	Fenchel																						✓			✓			✓			✓					
	Frühlingszwiebel	✓			✓			✓			✓			✓			✓			✓			✓			✓			✓			✓			✓		
	Grünkohl	✓			✓																											✓			✓		
	Kartoffeln			✓			✓			✓			✓			✓	✓			✓			✓			✓			✓					✓			✓
	Knoblauch																									✓			✓			✓					
	Kohlrabi											✓		✓			✓			✓			✓			✓			✓				✓				
	Kürbis			✓			✓			✓			✓													✓			✓			✓					✓
	Mairüben													✓																							
	Mangold											✓		✓			✓			✓			✓			✓											
	Meerrettich																									✓			✓			✓					
	Möhren			✓			✓			✓			✓			✓	✓			✓			✓			✓			✓					✓			✓
	Paprika																	✓			✓		✓			✓			✓								
	Pastinaken	✓			✓			✓					✓										✓			✓			✓			✓			✓		
	Porree/Lauch	✓			✓			✓												✓			✓			✓			✓			✓					
	Radieschen								✓			✓		✓			✓			✓			✓			✓			✓								
	Rettich			✓			✓			✓			✓				✓			✓			✓			✓			✓					✓			✓
	Rosenkohl	✓			✓																								✓			✓			✓		
	Rote Beete			✓			✓			✓			✓													✓			✓			✓					✓
	Rotkohl			✓			✓			✓			✓			✓				✓			✓			✓			✓			✓					✓
	Salatgurken														✓			✓		✓			✓			✓				✓								
	Schwarzwurzeln			✓			✓																						✓			✓					✓

	Schwarzer Winterrettich	✓			✓																									✓			✓			✓		
	Sellerieknollen		✓						✓			✓															✓			✓			✓				✓	
	Spargel													✓			✓																					
	Spinat		✓					✓			✓			✓												✓			✓				✓			✓	
	Staudensellerie			✓			✓			✓			✓										✓			✓			✓					✓			✓
	Steckrüben	✓					✓																			✓			✓			✓			✓		
	Tomaten														✓			✓			✓		✓			✓			✓								
	Weiß-/Spitzkohl			✓			✓			✓			✓			✓	✓			✓			✓			✓			✓			✓					✓
	Wirsing	✓			✓					✓			✓							✓			✓			✓			✓			✓			✓		
	Zuckermais																						✓			✓			✓								
	Zucchini																✓			✓			✓			✓			✓					✓			
	Zwiebeln						✓			✓										✓			✓			✓			✓								✓
Salate	Batavia																✓			✓			✓			✓											
	Brennessel													✓			✓			✓			✓			✓											
	Eichblatt																✓			✓			✓			✓											
	Eisberg																✓			✓			✓			✓			✓								
	Endiviensalat																						✓			✓			✓			✓					
	Feldsalat/Rapunzel	✓			✓																								✓			✓			✓		
	Kopfsalat																✓			✓			✓			✓											
	Lollo rot/grün													✓			✓			✓			✓			✓			✓								
	Löwenzahn													✓			✓			✓			✓			✓											
	Pak Choi										✓			✓			✓			✓			✓			✓			✓								
	Radicchio			✓			✓													✓			✓			✓			✓					✓			✓
	Romanasalat																			✓			✓			✓			✓								
	Rucola										✓			✓			✓			✓			✓			✓			✓								
	Sauerampfer							✓			✓			✓			✓																				
Obst	Äpfel			✓			✓			✓			✓			✓			✓			✓	✓			✓			✓					✓			✓
	Aprikosen																			✓			✓														
	Birnen																						✓			✓			✓			✓					
	Brombeeren																						✓			✓											
	Erdbeeren																✓			✓																	
	Haselnüsse																												✓								
	Heidelbeeren																✓			✓			✓			✓											
	Himbeeren																			✓			✓														
	Holunderbeeren																									✓			✓								
	Holunderblüten													✓			✓																				
	Johannisbeeren																			✓			✓														
	Maronen																												✓								
	Mirabellen																			✓			✓														
	Pfirsiche																						✓			✓											

	Pflaumen																						✓			✓												
	Preiselbeeren																						✓			✓			✓									
	Quitten																												✓			✓						
	Rhababer										✓			✓			✓																					
	Sauerkirschen																✓			✓			✓															
	Stachelbeeren																			✓			✓															
	Süßkirschen																			✓			✓															
	Wassermelonen																						✓			✓												
	Weintrauben																									✓			✓									
	Walnüsse																												✓									
	Zwetschgen																									✓			✓									
Kräuter	Basilikum										✓			✓			✓			✓			✓			✓			✓									
	Bärlauch										✓			✓			✓																					
	Beifuß													✓			✓			✓																		
	Bohnenkraut																			✓			✓			✓												
	Borretsch																✓			✓			✓			✓			✓									
	Dill													✓			✓			✓			✓			✓			✓			✓						
	Estragon										✓			✓			✓			✓			✓			✓			✓									
	Gänseblümchen							✓			✓			✓			✓			✓			✓			✓			✓			✓						
	Girsch							✓			✓			✓			✓																					
	Kerbel										✓			✓			✓			✓			✓			✓												
	Koriander										✓			✓			✓			✓			✓															
	Kresse										✓			✓			✓			✓			✓			✓			✓									
	Kümmel																						✓			✓			✓									
	Liebstöckel							✓			✓			✓			✓																					
	Lorbeer													✓			✓			✓			✓															
	Mayoran													✓			✓			✓			✓			✓			✓									
	Melisse										✓			✓			✓			✓			✓			✓			✓									
	Minze							✓			✓			✓			✓			✓			✓			✓			✓			✓						
	Oregano													✓			✓			✓			✓			✓			✓									
	Petersilie													✓			✓			✓			✓			✓			✓			✓						
	Pimpinelle													✓			✓			✓			✓			✓												
	Rosmarin	✓			✓			✓			✓			✓			✓			✓			✓			✓			✓			✓					✓	
	Salbei													✓			✓			✓			✓			✓												
	Schnittlauch										✓			✓			✓			✓			✓			✓			✓			✓						
	Senfblätter													✓			✓			✓			✓			✓			✓			✓						
	Senfsaat																✓			✓			✓			✓			✓			✓						
	Thymian													✓			✓			✓			✓			✓												
	Waldmeister										✓			✓			✓																					