



Saisonaler Einkaufskalender

Gemüse, Obst & Salat

✓ = Verfügbar ✗ = Nicht verfügbar ● = Lagerware



Gemüse	Winter			Frühling			Sommer			Herbst		
	Jan	Feb	Mär	Apr	Mai	Jun	Jul	Aug	Sep	Okt	Nov	Dez
Aubergine	✗	✗	✗	✗	✗	✗	✓	✓	✓	✓	✗	✗
Blumenkohl	✗	✗	✗	✗	✓	✓	✓	✓	✓	✓	✗	✗
Bohne, grüne	✗	✗	✗	✗	✗	✗	✓	✓	✓	✓	✗	✗
Bohne, dicke	✗	✗	✗	✗	✗	✓	✓	✓	✗	✗	✗	✗
Brokkoli	✗	✗	✗	✗	✗	✓	✓	✓	✓	✓	✗	✗
Butterrüse	●	●	●	●	✗	✗	✗	✓	✓	✓	✓	✓
Champignon	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Erbse	✗	✗	✗	✗	✗	✓	✓	✓	✗	✗	✗	✗
Fenchel	✗	✗	✗	✗	✗	✓	✓	✓	✓	✓	✓	✗
Grünkohl	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✓	✓
Gurke, Salatgurke	✗	✗	✗	✗	✗	✓	✓	✓	✓	✓	✗	✗
Kartoffel	●	●	●	●	●	✓	✓	✓	✓	✓	●	●
Kohlrabi	✗	✗	✗	✗	✓	✓	✓	✓	✓	✓	✗	✗
Kürbis	●	●	✗	✗	✗	✗	✗	✓	✓	✓	✓	●
Lauch, Porree	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lauch-, Frühlingszwiebel	✗	✗	✗	✗	✓	✓	✓	✓	✓	✓	✗	✗
Mais	✗	✗	✗	✗	✗	✗	✗	✓	✓	✓	✗	✗
Mangold	✗	✗	✗	✗	✓	✓	✓	✓	✓	✓	✗	✗
Möhre, Karotte	●	●	●	●	●	✓	✓	✓	✓	✓	●	●
Paprika	✗	✗	✗	✗	✗	✗	✓	✓	✓	✓	✗	✗
Pastinake	✓	✓	✓	●	✗	✗	✗	✗	✓	✓	✓	✓
Radieschen	✗	✗	✗	✗	✓	✓	✓	✓	✓	✓	✗	✗
Rosenkohl	✓	✓	✓	✗	✗	✗	✗	✗	✗	✓	✓	✓
Rote Bete	●	●	●	●	✗	✗	✓	✓	✓	✓	✓	●
Rotkohl	●	●	●	●	●	✓	✓	✓	✓	✓	✓	●
Schwarzwurzel	✓	✓	✗	✗	✗	✗	✗	✗	✗	✓	✓	✓
Spargel	✗	✗	✗	✓	✓	✓	✗	✗	✗	✗	✗	✗
Spinat	✗	✗	✓	✓	✓	✗	✗	✗	✓	✓	✓	✗
Spitzkohl	✗	✗	✗	✗	✓	✓	✗	✗	✗	✗	✗	✗
Staudensellerie	✗	✗	✗	✗	✗	✗	✓	✓	✓	✓	✗	✗
Steckrübe	●	●	●	✗	✗	✗	✗	✗	✓	✓	✓	✓
Tomate	✗	✗	✗	✗	✗	✗	✓	✓	✓	✓	✗	✗
Topinambur	✓	✓	✓	✗	✗	✗	✗	✗	✗	✓	✓	✓
Weißkohl	●	●	●	●	✗	✓	✓	✓	✓	✓	✓	●
Wirsingkohl	✓	✓	●	✗	✓	✓	✓	✓	✓	✓	✓	✓
Zucchini	✗	✗	✗	✗	✓	✓	✓	✓	✓	✓	✗	✗
Zuckerschote	✗	✗	✗	✗	✓	✓	✓	✓	✗	✗	✗	✗
Zwiebel	●	●	●	●	●	●	✓	✓	✓	✓	●	●



Saisonaler Einkaufskalender

Gemüse, Obst & Salat

✓ = Verfügbar ✗ = Nicht verfügbar ● = Lagerware



Obst	Winter			Frühling			Sommer			Herbst		
	Jan	Feb	Mär	Apr	Mai	Jun	Jul	Aug	Sep	Okt	Nov	Dez
Apfel	●	●	●	●	●	✗	✗	✓	✓	✓	✓	●
Aprikose	✗	✗	✗	✗	✗	✗	✓	✓	✗	✗	✗	✗
Birne	✗	✗	✗	✗	✗	✗	✗	✓	✓	✓	●	●
Blaubeere, Heidelbeere	✗	✗	✗	✗	✗	✓	✓	✓	✓	✗	✗	✗
Brombeere	✗	✗	✗	✗	✗	✗	✓	✓	✓	✗	✗	✗
Erdbeere	✗	✗	✗	✗	✓	✓	✓	✗	✗	✗	✗	✗
Himbeere	✗	✗	✗	✗	✗	✓	✓	✓	✗	✗	✗	✗
Holunderbeere, Flieder	✗	✗	✗	✗	✗	✗	✗	✗	✓	✓	✗	✗
Johannisbeere	✗	✗	✗	✗	✗	✓	✓	✓	✗	✗	✗	✗
Kirsche	✗	✗	✗	✗	✗	✓	✓	✓	✗	✗	✗	✗
Mirabelle	✗	✗	✗	✗	✗	✗	✓	✓	✓	✗	✗	✗
Pflaume	✗	✗	✗	✗	✗	✗	✓	✓	✓	✗	✗	✗
Quitte	✗	✗	✗	✗	✗	✗	✗	✗	✗	✓	✓	✗
Rhabarber	✗	✗	✗	✓	✓	✓	✗	✗	✗	✗	✗	✗
Stachelbeere	✗	✗	✗	✗	✗	✓	✓	✓	✗	✗	✗	✗
Wassermelone	✗	✗	✗	✗	✗	✗	✗	✓	✓	✗	✗	✗
Weintraube	✗	✗	✗	✗	✗	✗	✗	✗	✓	✓	✗	✗
Zwetschge	✗	✗	✗	✗	✗	✗	✓	✓	✓	✓	✗	✗
Salat												
Batavia	✗	✗	✗	✗	✓	✓	✓	✓	✓	✗	✗	✗
Chicorée	✓	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✓
Eichblattsalat	✗	✗	✗	✗	✓	✓	✓	✓	✓	✓	✗	✗
Eisbergsalat	✗	✗	✗	✗	✗	✓	✓	✓	✓	✓	✗	✗
Endiviensalat	✗	✗	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓
Feldsalat	✓	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✓
Kopfsalat	✗	✗	✗	✗	✓	✓	✓	✓	✓	✓	✗	✗
Lollo Rosso	✗	✗	✗	✗	✓	✓	✓	✓	✓	✓	✗	✗
Portulak	✓	✓	✓	✓	✗	✗	✓	✓	✓	✓	✓	✓
Radicchio	●	●	✗	✗	✗	✗	✗	✓	✓	✓	✓	●
Rucola	✗	✗	✗	✓	✓	✓	✓	✓	✓	✗	✗	✗

