

# REGIONALES

Wann hat was Saison?

## Obst & Nüsse

|                  | JAN | FEB | MRZ | APR | MAI | JUN | JUL | AUG | SEP | OKT | NOV | DEZ |
|------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Äpfel            |     |     |     |     |     |     |     |     |     |     |     |     |
| Apfelbirne Nashi |     |     |     |     |     |     |     |     |     |     |     |     |
| Aprikosen        |     |     |     |     |     |     |     |     |     |     |     |     |
| Birnen           |     |     |     |     |     |     |     |     |     |     |     |     |
| Brombeeren       |     |     |     |     |     |     |     |     |     |     |     |     |
| Erdbeeren        |     |     |     |     |     |     |     |     |     |     |     |     |
| Haselnüsse       |     |     |     |     |     |     |     |     |     |     |     |     |
| Heidelbeeren     |     |     |     |     |     |     |     |     |     |     |     |     |
| Himbeeren        |     |     |     |     |     |     |     |     |     |     |     |     |
| Johannisbeeren   |     |     |     |     |     |     |     |     |     |     |     |     |
| Kirschen         |     |     |     |     |     |     |     |     |     |     |     |     |
| Mirabellen       |     |     |     |     |     |     |     |     |     |     |     |     |
| Pflaumen         |     |     |     |     |     |     |     |     |     |     |     |     |
| Physalis         |     |     |     |     |     |     |     |     |     |     |     |     |
| Quitten          |     |     |     |     |     |     |     |     |     |     |     |     |
| Rhabarber        |     |     |     |     |     |     |     |     |     |     |     |     |
| Stachelbeeren    |     |     |     |     |     |     |     |     |     |     |     |     |
| Walnüsse         |     |     |     |     |     |     |     |     |     |     |     |     |
| Wassermelone     |     |     |     |     |     |     |     |     |     |     |     |     |
| Weintrauben      |     |     |     |     |     |     |     |     |     |     |     |     |
| Zwetschgen       |     |     |     |     |     |     |     |     |     |     |     |     |

## Kräuter & Sprossen

|                | JAN | FEB | MRZ | APR | MAI | JUN | JUL | AUG | SEP | OKT | NOV | DEZ |
|----------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Bärlauch       |     |     |     |     |     |     |     |     |     |     |     |     |
| Kresse         |     |     |     |     |     |     |     |     |     |     |     |     |
| Petersilie     |     |     |     |     |     |     |     |     |     |     |     |     |
| Rucola         |     |     |     |     |     |     |     |     |     |     |     |     |
| Schnittlauch   |     |     |     |     |     |     |     |     |     |     |     |     |
| Schnittkräuter |     |     |     |     |     |     |     |     |     |     |     |     |
| Sprossen       |     |     |     |     |     |     |     |     |     |     |     |     |
| Topfkräuter    |     |     |     |     |     |     |     |     |     |     |     |     |

## Kohlgemüse

|                | JAN | FEB | MRZ | APR | MAI | JUN | JUL | AUG | SEP | OKT | NOV | DEZ |
|----------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Blumenkohl     |     |     |     |     |     |     |     |     |     |     |     |     |
| Brokkoli       |     |     |     |     |     |     |     |     |     |     |     |     |
| Flower Sprouts |     |     |     |     |     |     |     |     |     |     |     |     |
| Kohlrabi       |     |     |     |     |     |     |     |     |     |     |     |     |
| Rosenkohl      |     |     |     |     |     |     |     |     |     |     |     |     |
| Rotkohl        |     |     |     |     |     |     |     |     |     |     |     |     |
| Schwarzkohl    |     |     |     |     |     |     |     |     |     |     |     |     |
| Spitzkraut     |     |     |     |     |     |     |     |     |     |     |     |     |
| Weißkraut      |     |     |     |     |     |     |     |     |     |     |     |     |
| Wirsing        |     |     |     |     |     |     |     |     |     |     |     |     |

## Frucht- & Wurzelgemüse

|                   | JAN | FEB | MRZ | APR | MAI | JUN | JUL | AUG | SEP | OKT | NOV | DEZ |
|-------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Auberginen        |     |     |     |     |     |     |     |     |     |     |     |     |
| Bohnen            |     |     |     |     |     |     |     |     |     |     |     |     |
| Erbsen            |     |     |     |     |     |     |     |     |     |     |     |     |
| Fenchel           |     |     |     |     |     |     |     |     |     |     |     |     |
| Frühlingszwiebeln |     |     |     |     |     |     |     |     |     |     |     |     |
| Karotten          |     |     |     |     |     |     |     |     |     |     |     |     |
| Kartoffeln        |     |     |     |     |     |     |     |     |     |     |     |     |
| Knoblauch         |     |     |     |     |     |     |     |     |     |     |     |     |
| Kürbis            |     |     |     |     |     |     |     |     |     |     |     |     |
| Lauch             |     |     |     |     |     |     |     |     |     |     |     |     |
| Meerrettich       |     |     |     |     |     |     |     |     |     |     |     |     |
| Paprika           |     |     |     |     |     |     |     |     |     |     |     |     |
| Pastinaken        |     |     |     |     |     |     |     |     |     |     |     |     |
| Radieschen        |     |     |     |     |     |     |     |     |     |     |     |     |
| Rettich           |     |     |     |     |     |     |     |     |     |     |     |     |
| Rote/Gelbe Bete   |     |     |     |     |     |     |     |     |     |     |     |     |
| Sellerieknollen   |     |     |     |     |     |     |     |     |     |     |     |     |
| Schwarzwurzel     |     |     |     |     |     |     |     |     |     |     |     |     |
| Schlangengurke    |     |     |     |     |     |     |     |     |     |     |     |     |
| Spargel           |     |     |     |     |     |     |     |     |     |     |     |     |
| Stangensellerie   |     |     |     |     |     |     |     |     |     |     |     |     |
| Tomaten           |     |     |     |     |     |     |     |     |     |     |     |     |
| Topinambur        |     |     |     |     |     |     |     |     |     |     |     |     |
| Zucchini          |     |     |     |     |     |     |     |     |     |     |     |     |
| Zuckermais        |     |     |     |     |     |     |     |     |     |     |     |     |
| Zwiebeln          |     |     |     |     |     |     |     |     |     |     |     |     |

## Salate & Blattgemüse

|                | JAN | FEB | MRZ | APR | MAI | JUN | JUL | AUG | SEP | OKT | NOV | DEZ |
|----------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Asiasalat      |     |     |     |     |     |     |     |     |     |     |     |     |
| Bataviasalat   |     |     |     |     |     |     |     |     |     |     |     |     |
| Chinakohl      |     |     |     |     |     |     |     |     |     |     |     |     |
| Chicorée       |     |     |     |     |     |     |     |     |     |     |     |     |
| Eichblattsalat |     |     |     |     |     |     |     |     |     |     |     |     |
| Eissalat       |     |     |     |     |     |     |     |     |     |     |     |     |
| Endiviensalat  |     |     |     |     |     |     |     |     |     |     |     |     |
| Feldsalat      |     |     |     |     |     |     |     |     |     |     |     |     |
| Grünkohl       |     |     |     |     |     |     |     |     |     |     |     |     |
| Kopfsalat      |     |     |     |     |     |     |     |     |     |     |     |     |
| Löwenzahn      |     |     |     |     |     |     |     |     |     |     |     |     |
| Lollo Rosso    |     |     |     |     |     |     |     |     |     |     |     |     |
| Mangold        |     |     |     |     |     |     |     |     |     |     |     |     |
| Pak Choi       |     |     |     |     |     |     |     |     |     |     |     |     |
| Postelein      |     |     |     |     |     |     |     |     |     |     |     |     |
| Radicchio      |     |     |     |     |     |     |     |     |     |     |     |     |
| Spinat         |     |     |     |     |     |     |     |     |     |     |     |     |
| Zuckerhut      |     |     |     |     |     |     |     |     |     |     |     |     |



**Nebensaison**  
d.h. regionales Obst & Gemüse  
aus Gewächshaus oder Lager



FRÜHLING



SOMMER



HERBST



WINTER