

# Saisonkalender

Gemüse	Jan	Feb	Mär	Apr	Mai	Jun	Jul	Aug	Sep	Okt	Nov	Dez
Aubergine							🌱	🌱	🌱	🌱		
Blumenkohl					🌱	🌱	🌱	🌱	🌱	🌱		
Bohnen (Busch/Stangen)						🌱	🌱	🌱	🌱	🌱		
Brokkoli						🌱	🌱	🌱	🌱	🌱		
Erbsen						🌱	🌱	🌱	🌱	🌱		
Fenchel						🌱	🌱	🌱	🌱	🌱	🌱	
Grünkohl	🌱	🌱									🌱	🌱
Gurke						🌱	🌱	🌱	🌱	🌱		
Kartoffeln	🏠	🏠	🏠	🏠	🏠	🌱	🌱	🌱	🌱	🌱	🏠	🏠
Kohlrabi					🌱	🌱	🌱	🌱	🌱	🌱		
Kürbis	🏠	🏠						🌱	🌱	🌱	🌱	🏠
Lauch / Porree	🌱	🌱	🌱	🌱	🌱	🌱	🌱	🌱	🌱	🌱	🌱	🌱
Mais								🌱	🌱	🌱		
Mangold					🌱	🌱	🌱	🌱	🌱	🌱		
Möhren / Karotten	🏠	🏠	🏠	🏠	🏠	🌱	🌱	🌱	🌱	🌱	🏠	🏠
Paprika							🌱	🌱	🌱	🌱		
Pastinake	🌱	🌱	🌱	🏠					🌱	🌱	🌱	🌱
Radieschen					🌱	🌱	🌱	🌱	🌱	🌱		
Rosenkohl	🌱	🌱	🌱	🌱						🌱	🌱	🌱
Rote Bete	🏠	🏠	🏠				🌱	🌱	🌱	🌱	🌱	🏠
Rotkohl	🏠	🏠	🏠	🏠	🏠	🌱	🌱	🌱	🌱	🌱	🌱	🏠
Spargel				🌱	🌱	🌱						
Spinat				🌱	🌱	🌱				🌱	🌱	
Spitzkohl					🌱	🌱						
Staudensellerie							🌱	🌱	🌱	🌱		
Steckrübe	🏠	🏠	🏠					🌱	🌱	🌱	🌱	🌱
Tomaten							🌱	🌱	🌱	🌱		
Weißkohl	🏠	🏠	🏠	🏠		🌱	🌱	🌱	🌱	🌱	🌱	🏠
Zucchini						🌱	🌱	🌱	🌱	🌱		
Zwiebeln	🏠	🏠	🏠	🏠	🏠	🏠	🌱	🌱	🌱	🌱	🏠	🏠



aus heimischem Anbau



aus Lagerung

Weitere Informationen zum Thema regionale und saisonale Ernährung finden Sie unter [www.meine-ernte.de](http://www.meine-ernte.de).