

Saisonkalender

Gemüse	JAN	FEB	MÄR	APR	MAI	JUN	JUL	AUG	SEP	OKT	NOV	DEZ
Artischocke							●	●	●	●		
Aubergine				●	●	●	●	●	●	●		
Batavia			●	●	●	●	●	●	●	●	●	
Blumenkohl					●	●	●	●	●	●	●	
Bodenkohlrabi	●	●	●	●			●	●	●	●	●	●
Bohnen						●	●	●	●	●		
Broccoli					●	●	●	●	●	●	●	
Catalogna					●	●	●	●	●	●		
Chicorée	●	●	●	●	●	●	●	●	●	●	●	●
Chinakohl	●	●	●		●	●	●	●	●	●	●	●
Cicorino rosso	●	●				●	●	●	●	●	●	●
Eichblatt			●	●	●	●	●	●	●	●	●	●
Eisbergsalat				●	●	●	●	●	●	●		
Endivie					●	●	●	●	●	●	●	
Erbsen						●	●					
Federkohl	●	●	●								●	●
Fenchel					●	●	●	●	●	●	●	●
Flower sprouts	●	●	●								●	●
Gurke				●	●	●	●	●	●	●		
Herbstrübe									●	●	●	●
Kardy										●	●	
Karotte	●	●	●	●	●	●	●	●	●	●	●	●
Kartoffel	●	●	●	●	●	●	●	●	●	●	●	●
Kefe						●	●	●	●			
Kichererbsen	●	●	●	●	●	●	●	●	●	●	●	●
Knoblauch	●	●	●	●			●	●	●	●	●	●
Knollensellerie	●	●	●	●	●	●	●	●	●	●	●	●
Kohlrabi				●	●	●	●	●	●	●	●	
Kopfsalat		●	●	●	●	●	●	●	●	●	●	●
Krautstiel / Mangold			●	●	●	●	●	●	●	●	●	
Kürbis	●	●						●	●	●	●	●
Lattich					●	●	●	●	●	●		
Lauch	●	●	●	●	●	●	●	●	●	●	●	●
Linsen	●	●	●	●	●	●	●	●	●	●	●	●
Lollo				●	●	●	●	●	●	●	●	

Gemüse	JAN	FEB	MÄR	APR	MAI	JUN	JUL	AUG	SEP	OKT	NOV	DEZ
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 ● Im Laden erhältlich

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Früchte	JAN	FEB	MÄR	APR	MAI	JUN	JUL	AUG	SEP	OKT	NOV	DEZ
Apfel	●	●	●	●	●	●	●	●	●	●	●	●
Aprikose						●	●	●	●			
Aroniabere								●	●	●		
Birne	●	●	●	●	●			●	●	●	●	●
Brombeeren						●	●	●	●			
Erdbeeren					●	●	●	●	●			
Feigen								●	●			
Gojibeeren								●	●			
Heidelbeeren							●	●	●			
Himbeeren						●	●	●	●			
Johannisbeeren						●	●	●				
Kirsche						●	●	●				
Kiwi	●	●	●	●						●	●	●
Mini-Kiwi									●	●		
Mirabelle								●	●			
Nektarine							●	●				
Pfirsich							●	●				
Preiselbeeren						●	●	●	●	●		
Quitte									●	●	●	
Stachelbeeren						●	●	●	●			
Traube								●	●	●		
Zwetschge							●	●	●			

Kräuter	JAN	FEB	MÄR	APR	MAI	JUN	JUL	AUG	SEP	OKT	NOV	DEZ
Bärlauch			●	●								
Basilikum	●	●	●	●	●	●	●	●	●	●	●	●
Dill	●	●	●	●	●	●	●	●	●	●	●	●
Estragon	●	●	●	●	●	●	●	●	●	●	●	●
Goldmelisse	●	●	●	●	●	●	●	●	●	●	●	●
Hagebutte	●	●	●	●	●	●	●	●	●	●	●	●
Holunder	●	●	●	●	●	●	●	●	●	●	●	●
Kamille	●	●	●	●	●	●	●	●	●	●	●	●
Koriander	●	●	●	●	●	●	●	●	●	●	●	●
Kresse			●	●	●	●	●	●	●			
Liebstöckel	●	●	●	●	●	●	●	●	●	●	●	●
Majoran	●	●	●	●	●	●	●	●	●	●	●	●
Oregano	●	●	●	●	●	●	●	●	●	●	●	●
Petersilie				●	●	●	●	●	●	●	●	
Pfefferminze	●	●	●	●	●	●	●	●	●	●	●	●
Portulak	●	●	●	●	●	●	●	●	●	●	●	●
Rosmarin	●	●	●	●	●	●	●	●	●	●	●	●
Safran	●	●	●	●	●	●	●	●	●	●	●	●
Salbei	●	●	●	●	●	●	●	●	●	●	●	●
Schnittlauch	●	●	●	●	●	●	●	●	●	●	●	●
Zitronenmelisse	●	●	●	●	●	●	●	●	●	●	●	●

● Erntezeit ● 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.

