



So geht Frische!

Frisches Obst & Gemüse zu jeder Jahreszeit

# GEMÜSE

|                   | J | F | M | A | M | J | J | A | S | O | N | D |
|-------------------|---|---|---|---|---|---|---|---|---|---|---|---|
| Auberginen        |   |   | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Blumenkohl        |   |   |   | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Bohnen            |   |   |   |   | ● | ● | ● | ● | ● | ● | ● | ● |
| Brokkoli          |   |   |   |   | ● | ● | ● | ● | ● | ● | ● | ● |
| Champignons       |   | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Eisbergsalat      |   |   |   |   | ● | ● | ● | ● | ● | ● | ● | ● |
| Endivie           |   |   |   |   | ● | ● | ● | ● | ● | ● | ● | ● |
| Erbsen            |   |   |   |   | ● | ● | ● | ● | ● | ● | ● | ● |
| Feldsalat         |   | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Fenchel           |   |   |   |   | ● | ● | ● | ● | ● | ● | ● | ● |
| Gurken            |   |   |   | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Karotten          |   | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Kartoffeln        |   | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Knoblauch         |   |   |   |   |   | ● | ● | ● | ● | ● | ● | ● |
| Kohlrabi          |   |   |   |   | ● | ● | ● | ● | ● | ● | ● | ● |
| Kopfsalat         |   | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Kräuterseitlinge  |   | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Kürbis            |   |   |   |   |   | ● | ● | ● | ● | ● | ● | ● |
| Lauch             |   | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Lollo Rosso       |   | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Mairübe           |   |   |   |   | ● | ● | ● | ● | ● | ● | ● | ● |
| Meerrettich       |   | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Paprika           |   |   |   | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Pastinake         |   | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Petersilienwurzel |   | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Pfifferlinge      |   |   |   |   |   | ● | ● | ● | ● | ● | ● | ● |
| Radieschen        |   |   | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Rettich           |   | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Rhabarber         |   | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Rosenkohl         |   | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Rote Bete         |   | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Rotkohl           |   | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |

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|-----------------|---|---|---|---|---|---|---|---|---|---|---|---|
| Rucola          |   |   |   |   | ● | ● | ● | ● | ● | ● | ● | ● |
| Schwarzwurzel   |   | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Shiitake        |   | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Spargel         |   |   |   | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Spinat          |   |   |   | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Spitzkohl       |   | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Stangensellerie |   | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Tomaten         |   |   |   | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Weißkohl        |   | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Wirsing         |   | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Zucchini        |   |   |   |   | ● | ● | ● | ● | ● | ● | ● | ● |
| Zuckermais      |   |   |   |   |   | ● | ● | ● | ● | ● | ● | ● |
| Zwiebeln        |   | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |

# OBST

|                | J | F | M | A | M | J | J | A | S | O | N | D |
|----------------|---|---|---|---|---|---|---|---|---|---|---|---|
| Äpfel          |   | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Aprikosen      |   |   |   |   |   | ● | ● | ● | ● | ● | ● | ● |
| Birnen         |   |   |   |   |   | ● | ● | ● | ● | ● | ● | ● |
| Brombeeren     |   |   |   |   |   | ● | ● | ● | ● | ● | ● | ● |
| Erdbeeren      |   |   |   |   | ● | ● | ● | ● | ● | ● | ● | ● |
| Heidelbeeren   |   |   |   |   |   | ● | ● | ● | ● | ● | ● | ● |
| Himbeeren      |   |   |   |   |   | ● | ● | ● | ● | ● | ● | ● |
| Johannisbeeren |   |   |   |   |   | ● | ● | ● | ● | ● | ● | ● |
| Kirschen       |   |   |   |   |   | ● | ● | ● | ● | ● | ● | ● |
| Pflaumen       |   |   |   |   |   | ● | ● | ● | ● | ● | ● | ● |
| Weintrauben    |   |   |   |   |   |   | ● | ● | ● | ● | ● | ● |
| Zwetschgen     |   |   |   |   |   |   | ● | ● | ● | ● | ● | ● |

- Hauptsaison in Deutschland
- Saisonstart/Saisonende in Deutschland

