

voll kost bar!

Saisonkalender Salat

	Jan	Feb	Mrz	Apr	Mai	Jun	Jul	Aug	Sep	Okt	Nov	Dez
Batavia					✓	✓	✓	✓	✓			
Chicorée	✓	✓	✓	✓						✓	✓	✓
Eichblattsalat					✓	✓	✓	✓	✓	✓		
Eisbergsalat						✓	✓	✓	✓	✓		
Endiviensalat					✓	✓	✓	✓	✓	✓	✓	✓
Feldsalat	✓	✓	✓	✓						✓	✓	✓
Kopfsalat					✓	✓	✓	✓	✓	✓		
Lollo Rosso					✓	✓	✓	✓	✓	✓		
Portulak	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓
Radicchio	☐	☐						✓	✓	✓	✓	☐
Rucola				✓	✓	✓	✓	✓	✓			



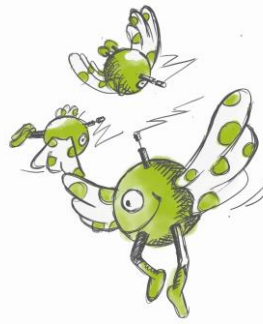
Saisonkalender Obst

	Jan	Feb	Mrz	Apr	Mai	Jun	Jul	Aug	Sep	Okt	Nov	Dez
Apfel	☐	☐	☐	☐	☐			✓	✓	✓	✓	☐
Aprikose							✓	✓				
Birne								✓	✓	✓	☐	☐
Blaubeeren / Heidelbeeren						✓	✓	✓	✓			
Brombeeren							✓	✓	✓			
Erdbeeren					✓	✓	✓					
Himbeeren						✓	✓	✓				
Holunderbeeren									✓	✓		
Johannisbeeren						✓	✓	✓				
Kirschen						✓	✓	✓				
Mirabellen							✓	✓	✓			
Pflaumen							✓	✓	✓			
Quitten									✓	✓	✓	
Stachelbeeren						✓	✓	✓				
Wassermelone								✓	✓			
Weintraube									✓	✓		
Zwetschgen							✓	✓	✓	✓		



- ✓ Frisch aus der Region verfügbar
- ☐ Gelagert, aber aus der Region verfügbar





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Saisonkalender Gemüse

	Jan	Feb	Mrz	Apr	Mai	Jun	Jul	Aug	Sep	Okt	Nov	Dez
Aubergine							✓	✓	✓	✓		
Blumenkohl					✓	✓	✓	✓	✓	✓		
Bohnen (dick)						✓	✓	✓				
Bohnen (grün)							✓	✓	✓	✓		
Brokkoli						✓	✓	✓	✓	✓		
Champignons	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Erbsen						✓	✓	✓				
Fenchel						✓	✓	✓	✓	✓	✓	
Frühlingszwiebel					✓	✓	✓	✓	✓	✓		
Grünkohl	✓	✓									✓	✓
Gurke						✓	✓	✓	✓	✓		
Karotten	☐	☐	☐	☐	☐	✓	✓	✓	✓	✓	☐	☐
Kartoffel	☐	☐	☐	☐	☐	✓	✓	✓	✓	✓	☐	☐
Knoblauch		✓	✓				✓					✓
Kohlrabi					✓	✓	✓	✓	✓	✓		
Kürbis	☐	☐						✓	✓	✓	✓	☐
Lauch / Porree	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mais								✓	✓	✓		
Mangold					✓	✓	✓	✓	✓	✓		
Paprika							✓	✓	✓	✓		
Pastinaken	✓	✓	✓	☐					✓	✓	✓	✓
Radieschen					✓	✓	✓	✓	✓	✓		
Rhabarber				✓	✓	✓						
Rosenkohl	✓	✓	✓							✓	✓	✓
Rote Beete	☐	☐	☐	☐			✓	✓	✓	✓	✓	☐
Rotkohl	☐	☐	☐	☐	☐	✓	✓	✓	✓	✓	☐	☐
Spargel				✓	✓	✓						
Spinat			✓	✓	✓				✓	✓	✓	
Spitzkohl					✓	✓						
Staudensellerie							✓	✓	✓	✓		
Steckrüben	☐	☐	☐						✓	✓	✓	✓
Tomaten							✓	✓	✓	✓		
Weißkohl	☐	☐	☐	☐		✓	✓	✓	✓	✓	✓	☐
Wirsingkohl	✓	✓	☐		✓	✓	✓	✓	✓	✓	✓	✓
Zucchini						✓	✓	✓	✓	✓		
Zwiebel	☐	☐	☐	☐	☐	☐	✓	✓	✓	✓	☐	☐



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