

# /gesund & vital

Fermentieren.  
Gesund, lecker, haltbar.

## Saisonkalender für Gemüse

Zutat (Gemüse)	Jan	Feb	Mär	Apr	Mai	Jun	Jul	Aug	Sep	Okt	Nov	Dez
Aubergine							●	●	●	●		
Blumenkohl					●	●	●	●	●	●		
Bohnen, grüne							●	●	●	●		
Bohnen, dicke						●	●	●				
Brokkoli						●	●	●	●	●		
Butterrüben	○	○	○	○				●	●	●	●	●
Champignons	●	●	●	●	●	●	●	●	●	●	●	●
Erbsen						●	●	●				
Fenchel						●	●	●	●	●	●	
Grünkohl	●	●									●	●
Gurke / Salatgurke						●	●	●	●	●		
Kartoffeln	○	○	○	○	○	●	●	●	●	●	○	○
Kohlrabi					●	●	●	●	●	●		
Kürbis	○	○						●	●	●	●	○
Lauch / Porree	●	●	●	●	●	●	●	●	●	●	●	●
Lauch- / Frühlingszwiebeln					●	●	●	●	●	●		
Mais								●	●	●		
Mangold					●	●	●	●	●	●		
Möhren / Karotten	○	○	○	○	○	●	●	●	●	●	○	○
Paprika							●	●	●	●		
Pastinaken	●	●	●	○					●	●	●	●
Radieschen					●	●	●	●	●	●		
Rosenkohl	●	●	●							●	●	●
Rote Bete	○	○	○	○			●	●	●	●	●	○
Rotkohl	○	○	○	○	○	●	●	●	●	●	●	○
Schwarzwurzeln	●	●								●	●	●
Spargel				●	●	●						
Spinat			●	●	●				●	●	●	
Spitzkohl					●	●						
Staudensellerie							●	●	●	●		
Steckrüben	○	○	○						●	●	●	●
Tomaten							●	●	●	●		
Topinambur	●	●	●							●	●	●
Weißkohl	○	○	○	○		●	●	●	●	●	●	○
Wirsingkohl	●	●	○		●	●	●	●	●	●	●	●
Zucchini						●	●	●	●	●		
Zuckerschoten						●	●	●				
Zwiebeln	○	○	○	○	○	○	●	●	●	●	○	○

● Gemüse ist in diesem Monat frisch aus heimischem Anbau verfügbar.

○ Gemüse ist in diesem Monat als Lagerware regional verfügbar.