



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

