

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