










# Saisonkalender

| Jänner   | Februar  | März  | April   | Mai  | Juni   | Juli  | August  | September   | Oktober   | November   | Dezember                        |
|--|--|---|---|--|--|---|---|---|---|--|---------------------------------|
| <b>Obst:</b><br>Äpfel<br>Birnen  | <b>Obst:</b><br>Äpfel<br>Birnen  | <b>Obst:</b><br>Äpfel<br>Birnen   | <b>Obst:</b><br>Äpfel<br>Birnen<br>Erdbeeren<br>Rhabarber   | <b>Obst:</b><br>Äpfel<br>Birnen<br>Erdbeeren<br>Rhabarber                            | <b>Obst:</b><br>Äpfel<br>Birnen<br>Erdbeeren<br>Rhabarber                          | <b>Obst:</b><br>Äpfel<br>Himbeere<br>Heidelbeere<br>Kirschen<br>Marillen<br>Ribisel<br>Stachelbeere<br>Zwetschken   | <b>Obst:</b><br>Äpfel<br>Brombeere<br>Heidelbeere<br>Ribisel<br>Trauben<br>Zwetschken   | <b>Obst:</b><br>Äpfel<br>Birnen<br>Trauben<br>Zwetschken                            | <b>Obst:</b><br>Äpfel<br>Birnen<br>Quitten  | <b>Obst:</b><br>Äpfel<br>Birnen  | <b>Obst:</b><br>Äpfel<br>BirneN |
|    | <b>Gemüse:</b><br>Kartoffeln<br>Chinakohl<br>Karotten<br>Kren<br>Rote Bete<br>Rotkraut<br>Weißkraut<br>Zwiebeln<br>Rettich<br>Sellerie | <b>Gemüse:</b><br>Kartoffeln<br>Karotten<br>Kren<br>Rote Bete<br>Rotkraut<br>Weißkraut<br>Zwiebeln<br>Rettich<br>Sellerie<br>Radieschen | <b>Gemüse:</b><br>Kartoffeln<br>Karotten<br>Kren<br>Weißkraut<br>Zwiebeln<br>Sellerie<br>Salat<br>Gurken<br>Radieschen<br>Tomaten |     |  | <b>Gemüse:</b><br>Kartoffeln<br>Chinakohl<br>Karotten<br>Kohl<br>Kren<br>Weißkraut<br>Rettich<br>Sellerie<br>Brokkoli<br>Salat<br>Gurken<br>Karfiol<br>Knoblauch<br>Kohlrabi<br>Paprika<br>Radieschen<br>Spargel<br>Tomaten | <b>Gemüse:</b><br>Kartoffeln<br>Chinakohl<br>Karotten<br>Kohl<br>Kren<br>Weißkraut<br>Zwiebeln<br>Rettich<br>Sellerie<br>Brokkoli<br>Salat<br>Endivien<br>Fenchel<br>Bohnen<br>Gurken<br>Karfiol<br>Kohlrabi<br>Kürbis<br>Lauch<br>Paprika<br>Pfefferoni<br>Raddicchio<br>Radieschen<br>Tomaten<br>Zucchini<br>Mais |  |  | <b>Gemüse:</b><br>Kartoffeln<br>Chinakohl<br>Karotten<br>Kohl<br>Kren<br>Rote Bete<br>Rotkraut<br>Weißkraut<br>Zwiebeln<br>Rettich<br>Sellerie<br>Brokkoli<br>Salat<br>Endivien<br>Fenchel<br>Bohnen<br>Gurken<br>Karfiol<br>Kohlrabi<br>Kürbis<br>Lauch<br>Paprika<br>Raddicchio<br>Radieschen<br>Tomaten |                                 |
| <b>Gemüse:</b><br>Kartoffeln<br>Chinakohl<br>Karotten<br>Kohl<br>Kren<br>Rote Bete<br>Rotkraut<br>Weißkraut<br>Zwiebeln<br>Rettich<br>Sellerie |    |    |   |  |  |   |   |   |   |  |                                 |
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