

Frisch geerntet,
nicht frisch
erfunden!

Saisonkalender.



Gemüse

	Jan	Feb	Mrz	Apr	Mai	Jun	Jul	Aug	Sep	Okt	Nov	Dez
Artischocke							●	●	●	●		
Aubergine				●	●	●	●	●	●	●		
Batavia			●	●	●	●	●	●	●	●	●	
Blumenkohl					●	●	●	●	●	●	●	
Bodenkohlrabi	●	●	●	●			●	●	●	●	●	●
Bohnen						●	●	●	●	●		
Broccoli					●	●	●	●	●	●	●	
Catalogna					●	●	●	●	●	●		
Chicorée	●	●	●	●	●	●	●	●	●	●	●	●
Chinakohl	●	●	●		●	●	●	●	●	●	●	●
Cicorino rosso	●	●				●	●	●	●	●	●	●
Eichblatt			●	●	●	●	●	●	●	●	●	●
Eisbergsalat					●	●	●	●	●	●		
Endivie					●	●	●	●	●	●	●	
Erbsen						●	●					
Federkohl	●	●	●							●	●	●
Fenchel					●	●	●	●	●	●	●	
Flower sprouts	●	●	●								●	●
Gurke				●	●	●	●	●	●			
Herbstrübe	●	●									●	●
Kardy											●	●
Karotte	●	●	●	●	●	●	●	●	●	●	●	●
Kartoffel	●	●	●	●	●	●	●	●	●	●	●	●
Kefe						●	●	●	●			
Kichererbsen	●	●	●	●	●	●	●	●	●	●	●	●
Knoblauch						●	●	●	●	●	●	●
Knollensellerie	●	●	●	●	●	●	●	●	●	●	●	●
Kohlrabi				●	●	●	●	●	●	●	●	
Kopfsalat			●	●	●	●	●	●	●	●	●	
Krautstiel/Mangold			●	●	●	●	●	●	●	●	●	
Kürbis	●	●					●	●	●	●	●	●
Lattich				●	●	●	●	●	●	●		
Lauch	●	●	●	●	●	●	●	●	●	●	●	●
Linsen	●	●	●	●	●	●	●	●	●	●	●	●
Lollo			●	●	●	●	●	●	●	●	●	●
Lupine	●	●	●	●	●	●	●	●	●	●	●	●
Mairübe				●	●	●						
Melone							●	●				
Nüsslislalat	●	●	●	●	●	●	●	●	●	●	●	●
Pak-Choi				●	●	●	●	●	●	●	●	
Palmkohl	●	●	●								●	●
Pastinake	●	●	●				●	●	●	●	●	●
Patisson							●	●	●			
Peperoni						●	●	●	●	●		
Petersilienwurzel	●	●								●	●	●
Quinoa	●	●	●	●	●	●	●	●	●	●	●	●
Radieschen			●	●	●	●	●	●	●	●	●	●
Rande	●	●	●	●	●	●	●	●	●	●	●	●
Rettich				●	●	●	●	●	●	●	●	●
Rhabarber				●	●	●						
Romanesco					●	●	●	●	●	●	●	
Rosenkohl	●								●	●	●	●
Rotkabis	●	●	●	●	●	●	●	●	●	●	●	●
Rucola				●	●	●	●	●	●	●		
Schalotte	●	●	●	●	●		●	●	●	●	●	●
Schwarzwurzel	●	●								●	●	●
Soja	●	●	●	●	●	●	●	●	●	●	●	●
Spargel				●	●	●						
Spinat			●	●	●	●	●	●	●	●	●	
Spitzkohl	●	●	●	●					●	●	●	●
Stangensellerie					●	●	●	●	●	●	●	●
Süsskartoffel	●	●	●	●	●	●	●	●	●	●	●	●
Tomate				●	●	●	●	●	●	●	●	
Topinambur	●	●	●								●	●
Weisskabis	●	●	●	●	●	●	●	●	●	●	●	●
Wirz	●	●	●	●	●	●	●	●	●	●	●	●
Zucchetti					●	●	●	●	●	●		
Zuckerhut	●	●				●	●	●	●	●	●	●
Zuckermais							●	●	●	●	●	
Zwiebel	●	●	●	●	●	●	●	●	●	●	●	●

● Erntezeit
Teils längere Erntezeit dank geschütztem Anbau

● Im Laden erhältlich

Früchte

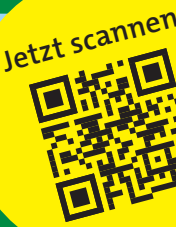
	Jan	Feb	Mrz	Apr	Mai	Jun	Jul	Aug	Sep	Okt	Nov	Dez
Apfel	●	●	●	●	●	●	●	●	●	●	●	●
Aprikose						●	●	●	●			
Aroniabeeren							●	●				
Birne	●	●	●	●	●	●	●	●	●	●	●	●
Brombeeren						●	●	●	●	●		
Erdbeeren				●	●	●	●	●	●	●		
Feige							●	●	●	●		
Gojibeeren							●	●	●	●		
Heidelbeeren						●	●	●	●			
Himbeeren						●	●	●	●	●		
Johannisbeeren						●	●	●	●			
Kirsche						●	●					
Kiwi	●	●	●	●							●	●
Mini-Kiwi									●	●		
Mirabelle							●	●				
Nektarine							●	●	●			
Pfirsich							●	●	●			
Preiselbeeren							●	●	●	●		
Quitte								●	●	●	●	
Stachelbeeren						●	●	●	●			
Trauben							●	●	●	●		
Zwetschge							●	●	●			

Kräuter

	Jan	Feb	Mrz	Apr	Mai	Jun	Jul	Aug	Sep	Okt	Nov	Dez
Bärlauch			●	●								
Basilikum					●	●	●	●	●			
Dill						●	●	●	●			
Estragon					●	●	●	●	●			
Goldmelisse							●	●	●			
Hagebutte									●	●	●	
Holunder									●	●		
Kamille						●	●	●	●			
Koriander					●	●	●	●	●			
Kresse			●	●	●	●	●	●	●			
Liebstöckel					●	●	●	●				
Majoran								●	●			
Oregano						●	●	●	●			
Petersilie					●	●	●	●	●	●	●	
Pfefferminze						●	●	●	●			
Portulak	●	●	●	●						●	●	●
Rosmarin					●	●	●	●	●			
Safran										●	●	
Salbei				●	●	●	●	●	●	●	●	
Schnittlauch					●	●	●	●	●			
Zitronenmelisse						●	●	●				

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Finde Hofläden
in deiner Region.



Den Saisonkalender gibt es auch online
unter [schweizerbauern.ch](https://www.schweizerbauern.ch)



Schweizer
Bäuerinnen
& Bauern

Unsere Früchte brauchen
kein Flugticket!