

	Januar	Februar	März	April	Mai	Juni	Juli	August	September	Oktober	November	Dezember
Auberginen					✓	✓	✓	●	●	✓		
Blumenkohl						●	●	●	●	●	●	✓
Busch- / Stangenbohnen						●	●	●	●	●	●	
Broccoli						●	●	●	●	●	●	
Champignons	●	●	●	●	●	●	●	●	●	●	●	●
Chicorée	●	●	●	●						●	●	●
Chinakohl	○	○	○	○				●	●	●	●	○
Dicke Bohnen						●	●	●	●	●	●	
Einlegegurken						●	●	●	●	●	●	
Erbesen						●	●	●	●	●	●	
Fenchel								●	●	●	●	
Grünkohl	●	●								●	●	●
Kartoffeln	○	○	○	○	○	○	○	○	○	○	○	○
Kohlhabi				✓	✓	✓	✓	✓	✓	✓	✓	✓
Kürbis	○	○	○	○				●	●	●	●	○
Mangold					✓	●	●	●	●	●	●	
Meerrettich								●	●	●	●	
Möhren	○	○	○	○	○	○	○	○	○	○	○	○
Paprika						✓	✓	✓	✓	✓	✓	
Pastinaken	●	●	●	○				●	●	●	●	●
Porree/Lauch	●	●	●	●	●	●	●	●	●	●	●	●
Radieschen				✓	●	●	●	●	●	●	●	
Retich	○	○	○	○				●	●	●	●	○
Rosenkohl	●	●	●	●				●	●	●	●	●
Rote Beete	○	○	○	○	○	○	○	○	○	○	○	○
Rotkohl	○	○	○	○	○	○	○	○	○	○	○	○
Salatgurken					✓	✓	✓	✓	✓	✓	✓	
Schwarzwurzeln	●	●						●	●	●	●	●
Sellerieknollen	✓	✓	✓	✓				●	●	●	●	✓
Spargel						●						
Spinat	✓	✓	✓	✓	●			●	●	●	✓	✓
Staudensellerie	○	○	○	○				●	●	●	○	○
Steckrüben	●	○						●	●	●	●	●
Tomaten					✓	✓	✓	✓	✓	✓	✓	✓
Weiß-/Spitzkohl	○	○	○	○	○	○	○	○	○	○	○	○
Wirsing	●	●	○	○				●	●	●	●	●
Zuckermais								●	●	●	●	●
Zucchini								●	●	●	●	●
Zwiebeln								●	●	●	●	○

Think Global

Eat Local

Gutes Essen gibt's direkt in Ihrer Nähe. Kaufen Sie Obst und Gemüse zur richtigen Jahreszeit aus Ihrer Region. So ernähren Sie sich frisch und gesund - und Sie tragen dazu bei, dass weniger Umweltschäden durch Transport und Lagerung entstehen.

Der Utopia Saisonkalender

aus Freilandanbau
 aus dem Gewächshaus
 aus Lagerung

Januar
Februar
März
April
Mai
Juni
Juli
August
September
Oktober
November
Dezember

Salate

Batavia					●	●	●	●	●	●	●	
Eichblatt					●	●	●	●	●	●	●	
Eisberg					●	●	●	●	●	●	●	
Kopfsalat					●	●	●	●	●	●	●	
Feld- / Rapunzel				✓	✓			●	●	●	●	●
Lollo rot / grün					●	●	●	●	●	●	●	
Löwenzahn					●	●	●	●	●	●	●	
Radicchio	○	○						●	●	●	○	○
Äpfel	○	○	○	○	○	○	○	○	○	○	○	○
Aprikosen								●	●	●	●	●
Birnen								●	●	●	●	●
Brombeeren								●	●	●	●	●
Erdbeeren								●	●	●	●	●
Haselnüsse										●		
Heidelbeeren								●	●	●	●	●
Himbeeren								●	●	●	●	●
Holunderbeeren										●	●	●
Johannisbeeren										●	●	●
Maronen											●	
Mirabellen										●	●	●
Pflirsiche										●	●	●
Pflaumen										●	●	●
Preiselbeeren										●	●	●
Quitten											●	●
Rhabarber								●	●			
Sauerkirschen								●	●	●	●	●
Stachelbeeren								●	●	●	●	●
Süßkirschen								●	●	●	●	●
Wassermelonen										●	●	●
Weintrauben										●	●	●
Walnüsse											●	
Ananas												
Apfelsinen												
Avocados												
Bananen												
Clementinen												
Grapefruits												
Kiwis												
Zitronen												

Import Obst

Obst