

Gemüse

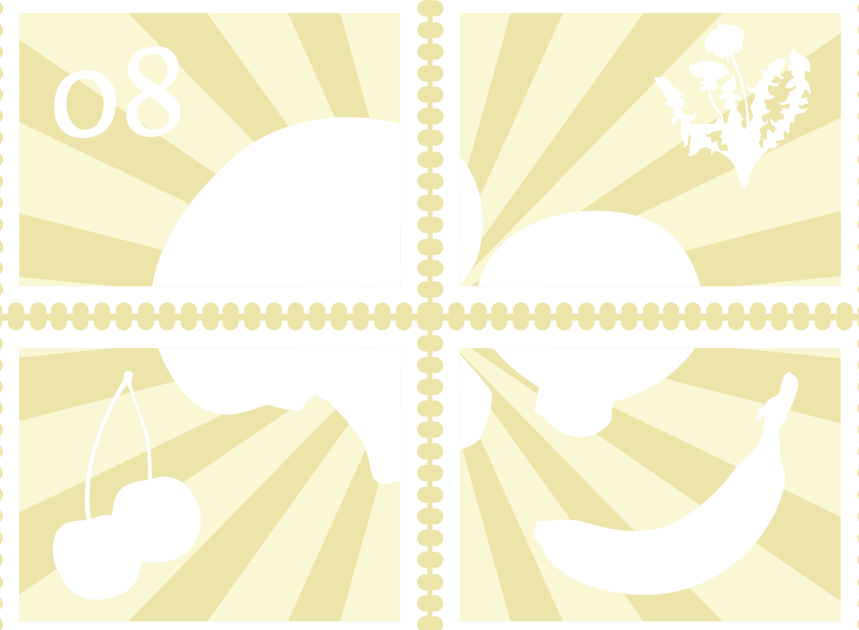
	Januar	Februar	März	April	Mai	Juni	Juli	August	September	Oktober	November	Dezember
Auberginen					●	●	●	●	●	●		
Blumenkohl						●	●	●	●	●		
Busch- / Stangenbohnen						●	●	●	●	●		
Broccoli						●	●	●	●	●		
Champignons	●	●	●	●	●	●	●	●	●	●	●	●
Chicorée	●	●	●							●	●	●
Chinakohl	○	○	○					●	●	●	●	○
Dicke Bohnen						●	●	●				
Einleggurken							●	●	●	●		
Erbsen						●	●	●				
Fenchel									●	●		
Grünkohl	●	●									●	●
Kartoffeln	○	○	○	○	○	●	●	●	●	●	○	○
Kohlrabi				●	●	●	●	●	●	●	●	●
Kürbis	○	○	○	○					●	●	●	○
Mangold				●	●	●	●	●				
Meerrettich									●	●	●	
Möhren	○	○	○	○	○	●	●	●	●	●	○	○
Paprika						●	●	●	●			
Pastinaken	●	●	●	○				●	●	●	●	●
Porree/Lauch	●	●	●				●	●	●	●		
Radieschen			●	●	●	●	●	●	●			
Rettich	○	○	○	○			●	●	●	●	○	○
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

Salate

	Januar	Februar	März	April	Mai	Juni	Juli	August	September	Oktober	November	Dezember
Batavia						●	●	●	●			
Eichblatt						●	●	●	●			
Eisberg						●	●	●	●	●		
Kopfsalat						●	●	●				
Feld- / Rapunzel	●	●		●	●					●	●	●
Lollo rot / grün						●	●	●	●	●		
Löwenzahn						●	●	●				
Radicchio	○	○					●	●	●	●	●	○
Äpfel	○	○	○	○	○	○	○	●	●	●	○	○
Aprikosen							●	●				
Birnen								●	●	●		
Brombeeren								●	●			
Erdbeeren						●	●					
Haselnüsse										●		
Heidelbeeren						●	●	●	●			
Himbeeren							●	●				
Holunderbeeren									●	●		
Johannisbeeren							●	●				
Maronen										●		
Mirabellen							●	●				
Pfirsiche								●	●			
Pflaumen								●	●			
Preiselbeeren								●	●	●		
Quitten										●	●	
Rhabarber						●	●					
Sauerkirschen						●	●	●				
Stachelbeeren							●	●				
Süßkirschen							●	●				
Wassermelonen								●	●			
Weintrauben									●	●		
Walnüsse										●		

Obst

Import Obst

Ananas												
Apfelsinen												
Avocados												
Bananen												
Clementinen												
Grapefruits												
Kiwis												
Zitronen												