



Tupperware®

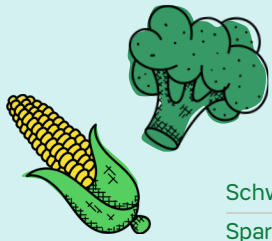
Dein Saisonkalender für Obst, Gemüse & Salat

● Frisch
● Aus Lagerung

Gemüse

	Jan	Feb	Mär	Apr	Mai	Jun	Jul	Aug	Sep	Okt	Nov	Dez
Aubergine								●	●	●		
Bärlauch			●	●	●							
Blumenkohl				●	●	●	●	●	●	●		
Bohnen							●	●	●	●		
Brokkoli						●	●	●	●	●		
Champignons	●	●	●	●	●	●	●	●	●	●	●	●
Chinakohl	●	●	●	●	●	●	●	●	●	●	●	●
Erbsen						●	●	●	●			
Fenchel						●	●	●	●	●	●	
Frühlingszwiebeln					●	●	●	●	●	●	●	
Grünkohl	●	●									●	●
Gurken						●	●	●	●			
Karotten	●	●	●	●	●	●	●	●	●	●	●	●
Kartoffeln	●	●	●	●	●	●	●	●	●	●	●	●
Knollensellerie	●	●	●	●	●	●	●	●	●	●	●	●
Kohlrabi						●	●	●	●	●		
Kürbis	●	●	●	●				●	●	●	●	●
Lauch	●	●	●	●	●		●	●	●	●	●	●
Mais						●	●	●	●	●		
Mangold					●	●	●	●	●	●		
Paprika								●	●	●		
Pastinaken	●	●	●	●	●	●	●	●	●	●	●	●
Radieschen				●	●	●	●	●	●	●		
Rettich	●	●	●	●	●	●	●	●	●	●	●	●
Rosenkohl	●	●	●							●	●	●
Rote Bete	●	●	●	●			●	●	●	●	●	●
Rotkohl	●	●	●				●	●	●	●	●	●

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Gemüse

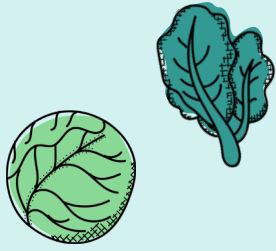
	Jan	Feb	Mär	Apr	Mai	Jun	Jul	Aug	Sep	Okt	Nov	Dez
Schwarzwurzel										●	●	
Spargel			●	●	●							
Spinat			●	●	●				●	●		
Spitzkohl	●	●	●	●		●	●	●	●	●	●	●
Staudensellerie					●	●	●	●	●	●	●	
Steckrüben	●	●	●						●	●		●
Tomaten								●	●	●		
Weißkohl	●	●	●	●			●	●	●	●	●	●
Wirsing	●	●	●	●		●	●	●	●	●	●	●
Zucchini						●	●	●	●	●		
Zuckerschoten						●	●	●				
Zwiebeln	●	●	●	●	●	●	●	●	●	●	●	●

Obst

Äpfel	●	●	●	●				●	●	●	●	●
Birnen	●								●	●	●	●
Blaubeeren						●	●	●	●			
Brombeeren							●	●	●			
Erdbeeren						●	●	●	●			
Himbeeren							●	●	●			
Holunderbeeren									●	●		
Johannisbeeren						●	●	●				
Kirschen						●	●	●				
Mirabellen							●	●	●			
Pflaumen							●	●	●			
Quitten										●	●	
Rhabarber				●	●	●						
Stachelbeeren						●	●	●				
Trauben									●	●		
Zwetschgen							●	●	●	●		



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Salate

	Jan	Feb	Mär	Apr	Mai	Jun	Jul	Aug	Sep	Okt	Nov	Dez
Batavia					●	●	●	●	●	●		
Chicorée	●	●	●							●	●	●
Eichblattsalat					●	●	●	●	●	●		
Eissalat					●	●	●	●	●	●	●	
Endiviensalat				●	●	●	●	●	●	●	●	
Feldsalat	●	●	●	●						●	●	●
Kopfsalat					●	●	●	●	●	●		
Lollo Rosso / Bionda					●	●	●	●	●	●		
Pflücksalat					●	●	●	●	●	●		
Radicchio							●	●	●	●		
Romanasalat						●	●	●	●			
Rucola					●	●	●	●	●	●	●	

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