Gartenjournal Saisonkalender

Jahresübersicht für saisonalen Einkauf: Hauptsaison, Nebensaison und Lagerware.

Stand 2026.05.21 · Saisonzeiten können regional abweichen.

● Hauptsaison ● Nebensaison ● Lagerware ● Import/außer Saison ● Nicht regional verfügbar

Lebensmittel	Jan	Feb	Mär	Apr	Mai	Jun	Jul	Aug	Sep	Okt	Nov	Dez
Apfel Obst	●	●	●	●	●	●	●	●	●	●	●	●
Aprikose Obst	○	○	○	○	○	●	●	●	●	○	○	○
Birne Obst	●	●	●	○	○	○	○	●	●	●	●	●
Brombeere Obst	○	○	○	○	○	●	●	●	●	●	○	○
Erdbeere Obst	○	○	○	○	●	●	●	●	○	○	○	○
Heidelbeere Obst	○	○	○	○	○	●	●	●	●	○	○	○
Himbeere Obst	○	○	○	○	○	●	●	●	●	○	○	○
Johannisbeere Obst	○	○	○	○	○	●	●	●	○	○	○	○
Kirsche Obst	○	○	○	○	○	●	●	●	○	○	○	○
Mirabelle Obst	○	○	○	○	○	○	○	●	●	○	○	○
Pfirsich Obst	○	○	○	○	○	●	●	●	●	○	○	○
Pflaume Obst	○	○	○	○	○	○	●	●	●	●	○	○
Quitte Obst	○	○	○	○	○	○	○	○	○	●	●	○
Rhabarber Obst	○	○	●	●	●	●	○	○	○	○	○	○
Stachelbeere Obst	○	○	○	○	○	●	●	●	○	○	○	○
Weintraube Obst	○	○	○	○	○	○	○	●	●	●	●	○
Holunderbeere Obst	○	○	○	○	○	○	○	●	●	○	○	○

Lebensmittel	Jan	Feb	Mär	Apr	Mai	Jun	Jul	Aug	Sep	Okt	Nov	Dez
Hagebutte Obst									●	●	●	
Sanddorn Obst									●	●		
Schlehe Obst										●	●	
Aubergine Gemüse						●	●	●	●	●		
Blumenkohl Gemüse					●	●	●	●	●	●	●	
Bohnen Gemüse						●	●	●	●	●		
Brokkoli Gemüse					●	●	●	●	●	●	●	
Champignon Gemüse	●	●	●	●	●	●	●	●	●	●	●	●
Chicorée Gemüse	●	●	●	●						●	●	●
Chinakohl Gemüse	●	●							●	●	●	●
Erbse Gemüse					●	●	●	●				
Fenchel Gemüse						●	●	●	●	●	●	
Gurke Gemüse					●	●	●	●	●	●		
Kartoffel Gemüse	●	●	●	●	●	●	●	●	●	●	●	●
Kohlrabi Gemüse				●	●	●	●	●	●	●	●	
Kürbis Gemüse	●	●						●	●	●	●	●
Lauch Gemüse	●	●	●	●	●	●	●	●	●	●	●	●
Mais Gemüse							●	●	●	●		
Mangold Gemüse					●	●	●	●	●	●		
Möhre Gemüse	●	●	●	●	●	●	●	●	●	●	●	●
Paprika Gemüse						●	●	●	●	●		
Pastinake Gemüse	●	●	●							●	●	●
Radieschen Gemüse				●	●	●	●	●	●	●		

Lebensmittel	Jan	Feb	Mär	Apr	Mai	Jun	Jul	Aug	Sep	Okt	Nov	Dez
Rettich Gemüse												
Rosenkohl Gemüse												
Rote Bete Gemüse												
Rotkohl Gemüse												
Sellerie Gemüse												
Spargel Gemüse												
Spinat Gemüse												
Spitzkohl Gemüse												
Steckrübe Gemüse												
Tomate Gemüse												
Topinambur Gemüse												
Weißkohl Gemüse												
Wirsing Gemüse												
Zucchini Gemüse												
Zwiebel Gemüse												
Knoblauch Gemüse												
Schwarzwurzel Gemüse												
Meerrettich Gemüse												
Bärlauch Kräuter												
Basilikum Kräuter												
Dill Kräuter												
Petersilie Kräuter												
Schnittlauch Kräuter												

Lebensmittel	Jan	Feb	Mär	Apr	Mai	Jun	Jul	Aug	Sep	Okt	Nov	Dez
Minze Kräuter					●	●	●	●	●			
Rosmarin Kräuter					●	●	●	●	●	●		
Thymian Kräuter					●	●	●	●	●	●		
Oregano Kräuter						●	●	●	●			
Salbei Kräuter					●	●	●	●	●			
Koriander Kräuter						●	●	●	●			
Kresse Kräuter	●	●	●	●	●	●	●	●	●	●	●	●
Feldsalat Salat	●	●	●						●	●	●	●
Kopfsalat Salat				●	●	●	●	●	●	●		
Eisbergsalat Salat					●	●	●	●	●	●		
Endiviensalat Salat							●	●	●	●	●	
Radicchio Salat							●	●	●	●	●	
Rucola Salat				●	●	●	●	●	●	●	●	
Bataviasalat Salat				●	●	●	●	●	●	●		
Eichblattsalat Salat					●	●	●	●	●	●		
Lollo Rosso Salat					●	●	●	●	●	●		
Portulak Salat	●	●	●							●	●	●