

WAS GIBT'S JETZT?

Der regionale Saisonkalender zeigt die bunte Vielfalt im Salzburger Land. So genießen wir heimisches Gemüse und Obst im kulinarischen Jahreskreislauf.

		JAN	FEB	MÄR	APR	MAI	JUN	JUL	AUG	SEP	OKT	NOV	DEZ
Salate und Blattgemüse	Kopfsalat				●	●	●	●	●	●	●		
	Eichblattsalat				●	●	●	●	●	●	●		
	Pflücksalat				●	●	●	●	●	●	●		
	Eissalat					●	●	●	●	●	●		
	Endivie									●	●	●	
	Radicchio	●							●	●	●	●	●
	Asia-Salate	●	●								●	●	●
	Vogelersalat	●	●	●						●	●	●	●
	Rucola	●	●	●	●	●	●	●	●	●	●	●	●
	Mangold					●	●	●	●	●	●	●	●
	Spinat				●	●	●				●	●	●
	Zuckerhut	●	●								●	●	●
Kohlgemüse	Chinakohl, Pak-Choi	●	●	●						●	●	●	●
	Brokkoli					●	●	●	●	●	●		
	Karfiol					●	●	●	●	●	●		
	Romanesco					●	●	●	●	●	●		
	Kohlrabi					●	●	●	●	●	●	●	
	Kohlsprossen	●	●	●							●	●	●
	Spitzkraut					●	●	●	●	●	●		
	Weiß- und Rotkraut	○	○	○			●	●	●	●	●	●	○
	Wirsing	●	●					●	●	●	●	●	●
Grünkohl	●	●	●							●	●	●	
Hülsenfrüchte	Erbsen							●	●				
	Fisolen							●	●				
	Stangenbohnen							●	●	●			
	Saubohnen	○	○	○	○	○	○	●	●	○	○	○	○
Obst	Äpfel	○	○	○	○				●	●	●	○	○
	Birnen	○								●	●	○	○
	Zwetschken							●	●				
	Kirschen						●	●					
	Erdbeeren					●	●	●					
	Himbeeren						●	●	●				

● Frische Ernte ○ Lagerware

Quellen: Salzburger Gärtner und Gemüsebauern, Lenzenbauer, Gärtnerei Tautermann, Lehnerbeeren



		JAN	FEB	MÄR	APR	MAI	JUN	JUL	AUG	SEP	OKT	NOV	DEZ	
Obst	Heidelbeeren						●	●	●					
	Ribiseln						●	●						
Fruchtgemüse	Melanzani							●	●	●	●			
	Gurke						●	●	●	●	●			
	Paprika/Chilli						●	●	●	●	●			
	Tomaten							●	●	●	●			
	Kürbis	○	○	○	○			●	●	●	●	○	○	
	Melone							●	●					
	Rhabarber				●	●	●							
	Zucchini						●	●	●	●	●			
	Wurzel- und Knollengemüse	Knollensellerie	○	○	○	○	○	○	●	●	●	●	●	○
		Stangensellerie							●	●	●	●	●	
Karotte		○	○	○	○	○	●	●	●	●	●	●	○	
Pastinake		●	●	○	○	○	○	○	○	●	●	●	●	
Petersilienwurzel		○	○	○	○	○				●	●	●	○	
Radieschen				●	●	●	●	●	●	●	●			
Mairübe		○	○			●	●	●	●	●	●	○	○	
Rettich		○	○			●	●	●	●	●	●	○	○	
Fenchel							●	●	●	●	●			
Rote Rübe		○	○	○	○	○	●	●	●	●	●	○	○	
Süßkartoffel		○	○	○	○	○	○	○	○	●	●	●	○	
Erdäpfel		○	○	○	○	○	●	●	●	●	○	○	○	
Topinambur		●	●	●	○	○	○				●	●	●	
Zwiebeln		Zwiebel	○	○	○	○	○	○	●	●	●	●	○	○
	Frühlingszwiebel				●	●	●	●	●	●	●			
	Knoblauch	○	○	○	○	○	●	●	●	●	●	○	○	
	Porree	●	●	●			●	●	●	●	●	●	●	
Gartenschätze	Artischoke							●	●	●				
	Zuckermais							●	●	●				

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