



Obst und Gemüse der Saison

Der Kalender beruht auf den Jahreszeiten in Italien: Je nach Region und Jahr kann er sich um einige Wochen verschieben. Es ist derselbe Kalender wie in der Freshy-App.

Gemüse	J	F	M	A	M	J	J	A	S	O	N	D
Ackerbohnen						●	●	●	●	●		
Artischocken	●	●	●	●	●					●	●	●
Auberginen						●	●	●	●			
Basilikum						●	●	●	●	●		
Blumenkohl	●			●						●	●	●
Bohnen						●	●	●	●	●		
Brokkoli	●	●	●						●	●	●	●
Erbsen						●	●					
Fenchel	●	●	●	●						●	●	●
Frühlingszwiebeln				●	●							
Grüne Bohnen						●	●	●	●	●		
Gurken						●	●	●	●			
Karotten	●	●	●	●	●	●	●	●	●	●	●	●
Kartoffeln	●	●	●	●	●	●	●	●	●	●	●	●
Knoblauch	●	●	●	●	●	●	●	●	●	●	●	●
Kürbis	●	●							●	●	●	●
Lauch	●	●	●	●					●	●	●	●
Paprika						●	●	●	●	●		
Petersilie	●	●	●	●	●	●	●	●	●	●	●	●
Pilze									●	●	●	
Radicchio	●	●	●							●	●	●
Radieschen				●		●	●	●	●	●		
Rüben	●	●	●							●	●	●
Rucola						●	●	●	●	●		
Salat				●	●	●	●	●	●	●	●	●
Sellerie				●	●	●	●	●	●	●	●	●
Spargel				●	●	●						
Spinat				●	●	●	●			●	●	●
Tomaten						●	●	●	●	●		
Wirsing	●	●	●							●	●	●
Zucchini						●	●	●	●			
Zwiebeln	●	●	●	●	●	●	●	●	●	●	●	●

Obst	J	F	M	A	M	J	J	A	S	O	N	D
Ananas*	●	●	●	●							●	●
Äpfel	●	●	●	●	●			●	●	●	●	●
Aprikosen						●	●					
Avocado	●	●	●	●							●	●
Bananen*	●	●	●	●	●	●	●	●	●	●	●	●
Birnen	●	●	●	●	●			●	●	●	●	●
Blaubeeren								●	●	●		
Brombeeren								●	●	●		
Clementinen	●	●								●	●	●
Erdbeeren				●	●	●	●	●				
Feigen						●	●	●	●			
Granatapfel									●	●	●	
Grapefruits	●	●	●	●	●						●	●
Haselnüsse								●	●	●		
Himbeeren						●	●	●	●	●		
Johannisbeeren						●	●	●				
Kakis										●	●	●
Kaktusfeigen								●	●	●		
Kastanien									●	●	●	
Kirschen						●	●	●				
Kiwi	●	●	●	●	●						●	●
Mandarinen	●	●									●	●
Melonen						●	●	●	●	●		
Mispeln						●	●					
Orangen	●	●	●	●							●	●
Pfirsiche								●	●	●	●	
Pflaumen								●	●	●		
Pflaumen								●	●	●		
Sauerkirschen						●	●					
Walnüsse									●	●	●	●
Wassermelonen								●	●			
Weintrauben								●	●	●	●	
Zitronen	●	●	●	●						●	●	●



Diesen Kalender hast du in der Freshy-App immer dabei, zusammen mit den Ablauf-Erinnerungen.

Code scannen und die kostenlose App laden · freshyforplanet.com/scarica

