

Saisonkalender für die Selbstversorgung durch Fermentation

Mit diesen Kalendern kannst du regionales Gemüse und Früchte optimal für die Fermentation nutzen.

Die Tabellen zeigen dir, wann welche Sorten in Deutschland erntereif sind oder als Lagerware

verfügbar sind. Zitrusfrüchte sind als Import-Ausnahme enthalten, da sie sich hervorragend

fermentieren lassen und im Winter günstig erhältlich sind. Viel Spaß beim Fermentieren!

| Gemüse | Jan | Feb | Mär | Apr | Mai | Jun | Jul | Aug | Sep | Okt | Nov | Dez |
|-------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Blumenkohl | | | | X | X | X | X | | | | | |
| Brokkoli | | | | | X | X | X | X | | | | |
| Chinakohl | | | | | | | X | X | X | X | | |
| Fenchel | | | | | | X | X | X | X | | | |
| Grüne Bohnen | | | | | X | X | X | | | | | |
| Grünkohl | X | X | | | | X | X | X | X | | | |
| Gurken | | | | | X | X | X | X | | | | |
| Karotten | L | L | L | L | X | X | X | X | X | X | L | L |
| Kohlrabi | | | | | X | X | X | X | | | | |
| Kürbis | | | | | | | X | X | X | | | |
| Mangold | | | | | X | X | X | X | X | | | |
| Paprika | | | | | | X | X | X | X | | | |
| Pastinaken | X | X | X | | | | X | X | X | X | | |
| Radieschen | | | X | X | X | | | | | | | |
| Rettich (Weißer) | | | | | | | X | X | X | X | | |
| Rote Bete | L | L | L | L | | | X | X | X | X | L | L |
| Rosenkohl | X | X | | | | X | X | X | X | | | |
| Sellerie (Knolle) | L | L | L | L | | | X | X | X | X | L | L |
| Schwarz-wurzeln | X | X | X | | | | X | X | X | X | | |
| Spitzkohl | | | | | X | X | X | X | X | X | | |
| Tomaten | | | | | | X | X | X | | | | |
| Topinambur | X | X | X | | | | X | X | X | X | | |
| Weißkohl | L | L | L | L | | | X | X | X | X | L | L |
| Wirsing | X | X | | | | X | X | X | X | X | X | |
| Zucchini | | | | | X | X | X | X | | | | |

| Obst | Jan | Feb | Mär | Apr | Mai | Jun | Jul | Aug | Sep | Okt | Nov | Dez |
|-----------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Äpfel | L | L | L | L | | | X | X | X | L | L | |
| Birnen | L | L | L | | | | X | X | X | L | L | |
| Brombeeren | | | | | | X | X | | | | | |
| Erdbeeren | | | X | X | X | | | | | | | |
| Hagebutten | | | | | | X | X | X | | | | |
| Heidelbeeren | | | | | X | X | | | | | | |
| Himbeeren | | | X | X | X | | | | | | | |
| Holunderbeeren | | | | | | X | X | | | | | |
| Johannisbeeren | | | | | X | X | | | | | | |
| Kirschen | | | | | X | X | | | | | | |
| Mirabellen | | | | | | X | X | | | | | |
| Pfirsiche/ Nektarinen | | | | | X | X | X | | | | | |
| Pflaumen | | | | | | X | X | X | | | | |
| Quitten | | | | | | | X | X | | | | |
| Rhabarber | | X | X | X | | | | | | | | |
| Stachelbeeren | | | | | X | X | | | | | | |
| Trauben | | | | | | X | X | X | | | | |
| Zwetschgen | | | | | | X | X | | | | | |
| Orangen (I) | X | X | X | X | | | | X | X | X | | |
| Zitronen (I) | X | X | X | X | X | X | X | X | X | X | X | X |
| Mandarinen (I) | X | X | X | | | | X | X | X | | | |