



GEMÜSE	MO	DI	MI	DO	FR	SA	SO
Grünkohl	●	●	●	●	●	●	●
Brokkoli	●	●	●	●	●	●	●
Spinat	●	●	●	●	●	●	●
Mangold	●	●	●	●	●	●	●
Rosenkohl	●	●	●	●	●	●	●
Romanesco	●	●	●	●	●	●	●
Wirsingkohl	●	●	●	●	●	●	●
Spitzkohl	●	●	●	●	●	●	●
Porree/Lauch	●	●	●	●	●	●	●
Pak Choi	●	●	●	●	●	●	●
Stangensellerie	●	●	●	●	●	●	●
Kohlrabi	●	●	●	●	●	●	●
Paprika grün	●	●	●	●	●	●	●
Fenchel	●	●	●	●	●	●	●
Lauchzwiebeln	●	●	●	●	●	●	●
Zucchini	●	●	●	●	●	●	●
Rauke	●	●	●	●	●	●	●
Feldsalat	●	●	●	●	●	●	●
Postelein	●	●	●	●	●	●	●
Grüner Salat	●	●	●	●	●	●	●
Avocado	●	●	●	●	●	●	●
Gurken	●	●	●	●	●	●	●
Grüner Spargel	●	●	●	●	●	●	●
Weißer Spargel	●	●	●	●	●	●	●
Chicoree	●	●	●	●	●	●	●
Rettich	●	●	●	●	●	●	●
Blumenkohl	●	●	●	●	●	●	●
Weißkohl/Spitzkohl	●	●	●	●	●	●	●
Pastinaken	●	●	●	●	●	●	●
Knollensellerie	●	●	●	●	●	●	●
Kartoffeln	●	●	●	●	●	●	●
Weißer Zwiebeln	●	●	●	●	●	●	●
Süßkartoffel	●	●	●	●	●	●	●
Möhren	●	●	●	●	●	●	●
Steckrübe	●	●	●	●	●	●	●
Paprika gelb/orange	●	●	●	●	●	●	●
Tomaten (Winter aus dem Glas)	●	●	●	●	●	●	●
Kürbis	●	●	●	●	●	●	●
Paprika rot	●	●	●	●	●	●	●
Rote Zwiebeln	●	●	●	●	●	●	●
Radieschen	●	●	●	●	●	●	●
Radicchio	●	●	●	●	●	●	●
Rote Bete	●	●	●	●	●	●	●
Rotkohl	●	●	●	●	●	●	●
Aubergine	●	●	●	●	●	●	●
Pilze	●	●	●	●	●	●	●
	●	●	●	●	●	●	●
	●	●	●	●	●	●	●
	●	●	●	●	●	●	●

KRÄUTER & CO	MO	DI	MI	DO	FR	SA	SO
Petersilie	●	●	●	●	●	●	●
Dill	●	●	●	●	●	●	●
Basilikum	●	●	●	●	●	●	●
Schnittlauch	●	●	●	●	●	●	●
Minze	●	●	●	●	●	●	●
Bärlauch	●	●	●	●	●	●	●
Giersch	●	●	●	●	●	●	●
Brennnessel	●	●	●	●	●	●	●
Sprossen	●	●	●	●	●	●	●
Knoblauch	●	●	●	●	●	●	●
Ingwer	●	●	●	●	●	●	●
Kurkuma	●	●	●	●	●	●	●
Chili	●	●	●	●	●	●	●
	●	●	●	●	●	●	●
	●	●	●	●	●	●	●
	●	●	●	●	●	●	●

OBST	MO	DI	MI	DO	FR	SA	SO
Apfel	●	●	●	●	●	●	●
Birne	●	●	●	●	●	●	●
Pflaumen & Mirabellen	●	●	●	●	●	●	●
Kirschen	●	●	●	●	●	●	●
Himbeeren	●	●	●	●	●	●	●
Heidelbeeren	●	●	●	●	●	●	●
Johannisbeeren	●	●	●	●	●	●	●
Brombeeren	●	●	●	●	●	●	●
Erdbeeren	●	●	●	●	●	●	●
Stachelbeeren	●	●	●	●	●	●	●
Rhabarber	●	●	●	●	●	●	●
Pfirsich	●	●	●	●	●	●	●
Clementine	●	●	●	●	●	●	●
Grapefruit	●	●	●	●	●	●	●
Zitrone & Limette	●	●	●	●	●	●	●
Banane	●	●	●	●	●	●	●
Orange	●	●	●	●	●	●	●
Mango	●	●	●	●	●	●	●
Ananas	●	●	●	●	●	●	●
Kiwi	●	●	●	●	●	●	●
Weintrauben	●	●	●	●	●	●	●
Melone	●	●	●	●	●	●	●
Granatapfel	●	●	●	●	●	●	●

HÜLSENFRÜCHTE	MO	DI	MI	DO	FR	SA	SO
Tofu	●	●	●	●	●	●	●
Kichererbsen	●	●	●	●	●	●	●
Erbsen	●	●	●	●	●	●	●
Stangen- Buschbohnen	●	●	●	●	●	●	●
Dicke Bohnen	●	●	●	●	●	●	●
Weißer Riesenbohnen	●	●	●	●	●	●	●
Kidneybohnen	●	●	●	●	●	●	●
Borlottibohnen	●	●	●	●	●	●	●
Cannelini	●	●	●	●	●	●	●
Edamame	●	●	●	●	●	●	●
Gelbe Linsen	●	●	●	●	●	●	●
Rote Linsen	●	●	●	●	●	●	●
Berglinsen	●	●	●	●	●	●	●

GETREIDE	MO	DI	MI	DO	FR	SA	SO
Haferflocken	●	●	●	●	●	●	●
Hirse	●	●	●	●	●	●	●
Quinoa	●	●	●	●	●	●	●
Chia	●	●	●	●	●	●	●
Buchweizen	●	●	●	●	●	●	●
Mais	●	●	●	●	●	●	●
Dinkel	●	●	●	●	●	●	●
Roggen	●	●	●	●	●	●	●
Emmer	●	●	●	●	●	●	●
Weizen	●	●	●	●	●	●	●
Gerste	●	●	●	●	●	●	●
Reis	●	●	●	●	●	●	●

NÜSSE&SAATEN	MO	DI	MI	DO	FR	SA	SO
Walnüsse	●	●	●	●	●	●	●
Mandeln	●	●	●	●	●	●	●
Haselnüsse	●	●	●	●	●	●	●
Paranüsse	●	●	●	●	●	●	●
Cashews	●	●	●	●	●	●	●
Maronen	●	●	●	●	●	●	●
Leinsamen	●	●	●	●	●	●	●
Sesam	●	●	●	●	●	●	●
Flohsamenschalen	●	●	●	●	●	●	●
Sonnenblumenkerne	●	●	●	●	●	●	●
Kürbiskerne	●	●	●	●	●	●	●
Hanfsamen	●	●	●	●	●	●	●