

January

Apple Beetroot Curly Kale Pumpkin Brussel Sprouts Chicory Pear Leek Lamb's Lettuce

July

Radishes Kohlrabi Rocket Cabbages Cucumber Berries Mirabelle
Artichoke Romanesco Broccoli Sugar Snap Pea Zucchini Salad Fennel Paprika Tomato

February

Apple Beetroot Curly Kale Pumpkin Brussel Sprouts Chicory Leek Lamb's Lettuce

August

Pear Kohlrabi Rocket Cabbages Plum Eggplant Mirabelle
Romanesco Broccoli Sugar Snap Pea Zucchini Mushrooms Fennel Paprika Tomato

March

Apple Wild Garlic Spinach Pumpkin Brussel Sprouts Chicory Lamb's Lettuce

September

Pear Romanesco Broccoli Pumpkin Corn Zucchini Plum Aubergine Chestnut Grapes
Mushrooms Fennel Paprika Tomato

April

Radishes Wild Garlic Spinach Rocket Chicory Kohlrabi Asparagus Rhubarb

October

Pear Chicory Pumpkin Corn Mushrooms Fennel Walnut Quince
Curly Kale Apple Cabbages Aubergine Chestnut Grapes

May

Radishes Kohlrabi Spinach Rocket Berries Asparagus Rhubarb Romanesco Broccoli

November

Pear Chicory Pumpkin Beetroot Lamb's Lettuce Leek Walnut Quince
Curly Kale Apple Cabbages Brussel Sprouts Chestnut

June

Radishes Kohlrabi Rocket Cabbages Cucumber Berries Asparagus
Artichoke Romanesco Broccoli Sugar Snap Pea Zucchini Salad Rhubarb

December

Pear Chicory Pumpkin Beetroot Lamb's Lettuce Leek Apple Cabbages Brussel Sprouts Walnut

= stocked goods





Seasonal Calender



On this seasonal calendar, we have compiled our favorite fruits and vegetables for you - with information on when they ripen here in Germany and land fresh in the store. Because seasonal eating is well worth it!

Did you know, for example, that asparagus flown in has 16 times the carbon footprint of seasonal and regional asparagus? For strawberries, it's even 60 times bigger!

Clearly, if our food has traveled further, it is automatically more harmful to the climate, right? Not always! If you want to bake an apple pie between April and August, the German apple has been in cooling for a long time - and has caused lots of CO₂ in the meantime. The New Zealand apple is the more climate-friendly alternative during this time.

So that you don't have to rack your brains over such complicated issues, you can simply look on the back to see which seasonal fruits and vegetables can currently be found in your supermarket.

