
























































































Saisonkalender für Wild Food














Im Wandel der Jahreszeiten gibt es viele wilde Genüsse zu entdecken. Unser Saisonkalender zeigt, wann welche Wildkräuter, Früchte oder Nüsse erntereif sind.

| Saisonkalender für Wildkräuter | | | | | | | | | | | | |
|--------------------------------|--|---|---|---|---|---|---|---|---|---|---|--|
| | Jan | Feb | Mrz | Apr | Mai | Jun | Jul | Aug | Sep | Okt | Nov | Dez |
| Bärlauch | | |  |  | | | | | | | | |
| Beifuß | | | | | | |  |  | | | | |
| Brennnesseln | | | | | | |  |  |  | | | |
| Brunnenkresse |  |  |  |  |  | | | |  |  |  |  |
| Gänseblümchen | | |  |  |  |  |  |  |  |  | | |
| Gundermann | | | |  |  |  |  |  | | | | |
| Knoblauchsrauke | | | |  |  |  |  |  |  | | | |
| Löwenzahn | | |  |  | | | | | | | | |
| Sauerampfer | | | | |  |  |  |  | | | | |
| Sauerklee | | |  |  |  |  |  |  |  |  | | |
| Schafgarbe | | | | |  |  |  |  |  | | | |
| Scharbockskraut | | |  |  | | | | | | | | |
| Veilchen | | | |  |  | | | | | | | |
| Vogelmiere | | | |  |  |  |  |  |  |  |  | |
| Waldmeister | | | |  |  | | | | | | | |
| Wilde Malve | | | | | | |  |  |  | | | |
| Wilde Möhre (Samen) | | | | | | | | |  |  | | |

Saisonkalender für Wildfrüchte

| | Jan | Feb | Mrz | Apr | Mai | Jun | Jul | Aug | Sep | Okt | Nov | Dez |
|-----------------|-----|-----|-----|-----|-----|---|---|---|---|---|-----|-----|
| Brombeere | | | | | | | |  |  | | | |
| Hagebutte | | | | | | | | |  |  | | |
| Holunderbeeren | | | | | | | | |  |  | | |
| Walderdbeere | | | | | |  |  |  | | | | |
| Waldhimbeere | | | | | | |  |  |  | | | |
| Wilder Sanddorn | | | | | | | | |  |  | | |

Saisonkalender für Wildnüsse

| | Jan | Feb | Mrz | Apr | Mai | Jun | Jul | Aug | Sep | Okt | Nov | Dez |
|-------------|-----|-----|-----|-----|-----|-----|-----|-----|---|---|---|---|
| Bucheckern | | | | | | | | |  | | | |
| Eicheln | | | | | | | | |  |  | | |
| Esskastanie | | | | | | | | |  |  |  |  |
| Haselnuss | | | | | | | | |  |  | | |
| Roskastanie | | | | | | | | |  |  | | |
| Walnuss | | | | | | | | |  |  | | |