

| | |
|------------------|-----------------|
| Januar | Februar |
| März | April |
| Mai | Juni |
| Juli | August |
| September | Oktober |
| November | Dezember |

Saisonkalender-Spiel Monatskarten

Monatskarten am besten auf andersfarbigem Papier als die Obst- und Gemüsekarten ausdrucken.

Spielvarianten:

- A - Die Obst- und Gemüsekarten werden gleichmäßig an die Anwesenden verteilt. Dann wird ein Monat gezogen und die Anwesenden müssen die am ehesten in diesem Monat regional vorhandene Frucht aus ihren Karten auswählen. Anschließend wird mit dem Saisonkalender verglichen. Ggf. „gewinnt“ die am besten passende Karte die Monatskarte. Wer hat am Ende die meisten?
- B - Alle Monate werden von Januar bis Dezember ausgelegt und die Anwesenden sortieren gemeinsam die Früchte dazu. Um Erntebeginn und -ende zu verdeutlichen, müssen die Obst- und Gemüsekarten zweimal ausgedruckt werden. Anschließend wird mit dem Saisonkalender verglichen.
- C - In Abwandlung auch als klassisches Memory-Spiel zu spielen. Dafür die Monate mehrmals ausdrucken. Passende Paare sind dann Monat und Frucht.
- D - Vielleicht fällt Ihnen noch eine weitere Variante ein.

| | |
|----------------------|---------------------|
| Auberginen | Blumenkohl |
| Buschbohnen | Broccoli |
| Champignons | Chicorée |
| Chinakohl | Dicke Bohnen |
| Einlegegurken | Erbsen |
| Fenchel | Grünkohl |

| | |
|---------------------|-------------------|
| Kartoffeln | Kohlrabi |
| Kürbis | Mangold |
| Meerrettich | Möhren |
| Paprika | Pastinaken |
| Porree/Lauch | Radieschen |
| Rettich | Rosenkohl |

| | |
|--------------------|-----------------------|
| Rote Beete | Rotkohl |
| Salatgurken | Schwarzwurzeln |
| Sellerie | Spargel |
| Spinat | Steckrüben |
| Tomaten | Weißkohl |
| Wirsing | Zuckermais |

| | |
|---------------------|-----------------------|
| Zucchini | Zwiebeln |
| Salatgurken | Schwarzwurzeln |
| Eisbergsalat | Kopfsalat |
| Feldsalat | Äpfel |
| Erdbeeren | Birnen |
| Pfirsiche | Rhabarber |

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Think Global

Eat Local

Gutes Essen gibt's direkt in Ihrer Nähe. Kaufen Sie Obst und Gemüse zur richtigen Jahreszeit aus Ihrer Region. So ernähren Sie sich frisch und gesund - und Sie tragen dazu bei, dass weniger Umweltschäden durch Transport und Lagerung entstehen.

Der Utopia Saisonkalender

| | Januar | Februar | März | April | Mai | Juni | Juli | August | September | Oktober | November | Dezember |
|------------------------|--------|---------|------|-------|-----|------|------|--------|-----------|---------|----------|----------|
| Auberginen | | | | | ✓ | ✓ | ✓ | ● | ● | ● | ✓ | |
| Blumenkohl | | | | | ✓ | ✓ | ✓ | ● | ● | ● | ✓ | |
| Busch- / Stangenbohnen | | | | | ✓ | ✓ | ✓ | ● | ● | ● | ✓ | |
| Broccoli | | | | | ✓ | ✓ | ✓ | ● | ● | ● | ✓ | |
| Champignons | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Chicorée | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Chinakohl | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Dicke Bohnen | | | | | ● | ● | ● | ● | ● | ● | ● | ● |
| Einlegegurken | | | | | ● | ● | ● | ● | ● | ● | ● | ● |
| Erbisen | | | | | ● | ● | ● | ● | ● | ● | ● | ● |
| Fenchel | | | | | | | | ● | ● | ● | ● | ● |
| Grünkohl | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Kartoffeln | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Kohlhabi | | | | ✓ | ✓ | ✓ | ✓ | ● | ● | ● | ✓ | |
| Kürbis | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Mangold | | | | ✓ | ✓ | ✓ | ✓ | ● | ● | ● | ✓ | |
| Meerrettich | | | | | | | | ● | ● | ● | ● | ● |
| Möhren | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Paprika | | | | | ✓ | ✓ | ✓ | ● | ● | ● | ✓ | |
| Pastinaken | ● | ● | ● | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Porree/Lauch | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Radieschen | | | ✓ | ✓ | ✓ | ✓ | ✓ | ● | ● | ● | ✓ | |
| Retich | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Rosenkohl | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Rote Beete | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Rotkohl | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Salatgurken | | | | ✓ | ✓ | ✓ | ✓ | ● | ● | ● | ✓ | |
| Schwarzwurzeln | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Sellerieknollen | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ● | ● | ● | ✓ | |
| Spargel | | | | | ● | ● | ● | ● | ● | ● | ● | ● |
| Spinat | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ● | ● | ● | ✓ | |
| Staudensellerie | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Steckrüben | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Tomaten | | | | | ✓ | ✓ | ✓ | ● | ● | ● | ✓ | |
| Weiß-/Spitzkohl | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Wirsing | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Zuckermais | | | | | | | | ● | ● | ● | ● | ● |
| Zucchini | | | | | | | | ● | ● | ● | ● | ● |
| Zwiebeln | | | | | | | | ● | ● | ● | ● | ○ |

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|---------------------|
| aus Freilandanbau |
| aus dem Gewächshaus |
| aus Lagerung |

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| Dezember |

Salate

| | | | | | | | | | | | | |
|------------------|---|---|---|---|---|---|---|---|---|---|---|---|
| Batavia | | | | | ● | ● | ● | ● | ● | ● | ● | ● |
| Eichblatt | | | | | ● | ● | ● | ● | ● | ● | ● | ● |
| Eisberg | | | | | ● | ● | ● | ● | ● | ● | ● | ● |
| Kopfsalat | | | | | ● | ● | ● | ● | ● | ● | ● | ● |
| Feld- / Rapunzel | ● | ● | ✓ | ✓ | ✓ | ✓ | ✓ | ● | ● | ● | ✓ | |
| Lollo rot / grün | | | | | ● | ● | ● | ● | ● | ● | ● | ● |
| Löwenzahn | | | | | ● | ● | ● | ● | ● | ● | ● | ● |
| Radicchio | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Äpfel | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Aprikosen | | | | | | | | ● | ● | ● | ● | ● |
| Binnen | | | | | | | | ● | ● | ● | ● | ● |
| Brombeeren | | | | | | | | ● | ● | ● | ● | ● |
| Erdbeeren | | | | | | | | ● | ● | ● | ● | ● |
| Haselnüsse | | | | | | | | | | | ● | ● |
| Heidelbeeren | | | | | | | | ● | ● | ● | ● | ● |
| Himbeeren | | | | | | | | ● | ● | ● | ● | ● |
| Holunderbeeren | | | | | | | | | | ● | ● | ● |
| Johannisbeeren | | | | | | | | ● | ● | ● | ● | ● |
| Maronen | | | | | | | | | | | ● | ● |
| Mirabellen | | | | | | | | ● | ● | ● | ● | ● |
| Pfirsiche | | | | | | | | ● | ● | ● | ● | ● |
| Pflaumen | | | | | | | | ● | ● | ● | ● | ● |
| Preiselbeeren | | | | | | | | ● | ● | ● | ● | ● |
| Quitten | | | | | | | | | | | ● | ● |
| Rhabarber | | | | | | | | ● | ● | ● | ● | ● |
| Sauerkirschen | | | | | | | | ● | ● | ● | ● | ● |
| Stachelbeeren | | | | | | | | ● | ● | ● | ● | ● |
| Süßkirschen | | | | | | | | ● | ● | ● | ● | ● |
| Wassermelonen | | | | | | | | ● | ● | ● | ● | ● |
| Weintrauben | | | | | | | | ● | ● | ● | ● | ● |
| Walnüsse | | | | | | | | | | | ● | ● |
| Ananas | | | | | | | | | | | | |
| Apfelsinen | | | | | | | | | | | | |
| Avocados | | | | | | | | | | | | |
| Bananen | | | | | | | | | | | | |
| Clementinen | | | | | | | | | | | | |
| Grapefruits | | | | | | | | | | | | |
| Kiwis | | | | | | | | | | | | |
| Zitronen | | | | | | | | | | | | |

Import Obst

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|-------------|--|--|--|--|--|--|--|--|--|--|--|--|
| Ananas | | | | | | | | | | | | |
| Apfelsinen | | | | | | | | | | | | |
| Avocados | | | | | | | | | | | | |
| Bananen | | | | | | | | | | | | |
| Clementinen | | | | | | | | | | | | |
| Grapefruits | | | | | | | | | | | | |
| Kiwis | | | | | | | | | | | | |
| Zitronen | | | | | | | | | | | | |