

Früchte



| | JAN | FEB | MÄR | APR | MAI | JUN | JUL | AUG | SEP | OKT | NOV | DEZ |
|--------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Aprikosen | | | | | | | | | | | | |
| Birnen | | | | | | | | | | | | |
| Kirschen | | | | | | | | | | | | |
| Mirabellen | | | | | | | | | | | | |
| Nektarinen | | | | | | | | | | | | |
| Pfirsiche | | | | | | | | | | | | |
| Pflaumen | | | | | | | | | | | | |
| Quitten | | | | | | | | | | | | |
| Reineclauden | | | | | | | | | | | | |
| Trauben | | | | | | | | | | | | |
| Zwetschgen | | | | | | | | | | | | |

Äpfel



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|------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Berner Rosen | | | | | | | | | | | | |
| Boskoop | | | | | | | | | | | | |
| Braeburn | | | | | | | | | | | | |
| Cox Orange | | | | | | | | | | | | |
| Diwa® (Milwa) | | | | | | | | | | | | |
| Elstar | | | | | | | | | | | | |
| Gala | | | | | | | | | | | | |
| Glockenapfel | | | | | | | | | | | | |
| Golden Delicious | | | | | | | | | | | | |
| Gravensteiner | | | | | | | | | | | | |
| Idared | | | | | | | | | | | | |
| Jazz® | | | | | | | | | | | | |
| Jonagold | | | | | | | | | | | | |
| Kanzi | | | | | | | | | | | | |
| Klarapfel | | | | | | | | | | | | |
| Maigold | | | | | | | | | | | | |
| Mairac® | | | | | | | | | | | | |
| Pink Lady® | | | | | | | | | | | | |
| RubINETTE | | | | | | | | | | | | |
| Sauvergraeuch | | | | | | | | | | | | |
| Summerred | | | | | | | | | | | | |
| Topaz | | | | | | | | | | | | |

Kräuter & Blüten



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|----------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Bärlauch | | | | | | | | | | | | |
| Basilikum | | | | | | | | | | | | |
| Bohnenkraut | | | | | | | | | | | | |
| Borretsch | | | | | | | | | | | | |
| Brennessel | | | | | | | | | | | | |
| Brunnenkresse | | | | | | | | | | | | |
| Dill | | | | | | | | | | | | |
| Eisenkraut (Verveine) | | | | | | | | | | | | |
| Estragon | | | | | | | | | | | | |
| Gänseblümchen | | | | | | | | | | | | |
| Gartenkresse | | | | | | | | | | | | |
| Holunderblüten | | | | | | | | | | | | |
| Kapuzinerkresse | | | | | | | | | | | | |
| Kerbel | | | | | | | | | | | | |
| Löwenzahn | | | | | | | | | | | | |
| Liebstockel | | | | | | | | | | | | |
| Lindenblüten | | | | | | | | | | | | |
| Majoran | | | | | | | | | | | | |
| Minze | | | | | | | | | | | | |
| Oregano | | | | | | | | | | | | |
| Pelargonien (Duftgeranien) | | | | | | | | | | | | |
| Peterli | | | | | | | | | | | | |
| Ringelblumen (Calendula) | | | | | | | | | | | | |
| Rosenblüten | | | | | | | | | | | | |
| Rosmarin | | | | | | | | | | | | |
| Salbei | | | | | | | | | | | | |
| Sauerampfer | | | | | | | | | | | | |
| Schnittlauch | | | | | | | | | | | | |
| Stiefmütterchen | | | | | | | | | | | | |
| Thymian | | | | | | | | | | | | |
| Veilchen | | | | | | | | | | | | |
| Waldmeister | | | | | | | | | | | | |
| Ysop | | | | | | | | | | | | |
| Zitronenmelisse | | | | | | | | | | | | |

Pilze



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|------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Austernpilze | | | | | | | | | | | | |
| Champignons | | | | | | | | | | | | |
| Eierschwamm | | | | | | | | | | | | |
| Herbsttrompeten | | | | | | | | | | | | |
| Kräuterseitlinge | | | | | | | | | | | | |
| Morcheln | | | | | | | | | | | | |
| Shiitake | | | | | | | | | | | | |
| Steinpilze | | | | | | | | | | | | |
| Trüffel schwarz | | | | | | | | | | | | |
| Trüffel weiss | | | | | | | | | | | | |



Du liebst saisonale Rezepte mit Schweizer Zutaten? Lass dir die Vielseitigkeit zeigen auf [swissmilk.ch/rezpte](https://www.swissmilk.ch/rezpte)