

SEASONAL CALENDAR

AUSTRIA

MONTH	FRUIT	VEGETABLES
Jan	No fresh fruit is picked in Austria in December, January, February, March and April.	mushrooms - Chinese cabbage; leek - watercress; cabbage sprouts - parsley root; Parsnips - lamb's lettuce
Feb	No fresh fruit is picked in Austria in December, January, February, March and April.	mushrooms - Chinese cabbage; watercress - lamb's lettuce
Mar	No fresh fruit is picked in Austria in December, January, February, March and April.	mushrooms - watercress; lamb's lettuce
Apr	No fresh fruit is picked in Austria in December, January, February, March and April.	wild garlic - mushrooms; parsley and dill; radish - chives; Asparagus - Spinach; watercress - lamb's lettuce
May	strawberries and rhubarb	wild garlic - mushrooms; Carrots - cauliflower; Kohlrabi - Swiss chard; Parsley and dill - radish; rocket - Salads; chives - Asparagus; Spinach - Courgettes; onion / spring onion; watercress - lamb's lettuce
Jun	Strawberries; raspberries; currants; cherries; rhubarb; currants; gooseberries	Broccoli - mushrooms; Peas - fennel; beans - Potatoes ; Carrots - cauliflower; Garlic - Kohlrabi ; Swiss chard - Peppers ; Parsley and dill - radish; rocket - Salads; cucumber - chives; celery - asparagus ; Spinach – Tomatoes; Courgettes - onion / spring onion; watercress
Jul	blackberries - strawberries; blueberries - raspberries; currants - cherries; apricots - currants; Vistula - plums; currants - gooseberries; peach	Artichokes - Broccoli - mushrooms Peas - fennel - beans; Potatoes - Carrots - cauliflower; Garlic Kohlrabi - Swiss chard; Aubergines - Peppers; Parsley and dill - Leek - radicchio; radish - Beetroot - red cabbage; rocket Salads - cucumbers; chives - celery; spinach - celery stalk; tomatoes - white cabbage; savoy - Courgettes ; onion / spring onion; watercress
Aug	apples - pears; blackberries - blueberries; raspberries - currants; cherries - apricots; currants - peaches; blueberries - Vistula; plums - currants; gooseberries - peach; grapes	Artichokes - broccoli - mushrooms; peas - fennel - beans; potatoes - carrots - cauliflower; Garlic - Kohlrabi - watercress; Pumpkin - Swiss chard - aubergines ; Peppers - parsley - dill; Leek - radicchio - radish; Beetroot - red; cabbage - rocket; Salads - cucumber - chives; celery - spinach - tomatoes; white cabbage - savoy - sweet corn; Courgettes - onion / spring onion
Sep	Apples - pears; blackberries - raspberries; elderberries; peaches - blueberries; plums - grapes	Artichokes - Broccoli - Mushrooms; Chinese cabbage - Fennel - Beans; Potatoes - Carrots - Cauliflower; Kohlrabi - Watercress - Pumpkin; chard - aubergines - peppers; parsnips - parsley - dill; Leek - radicchio - radish; Beetroot - red cabbage - rocket; Salads - cucumber - chives; celery - spinach - celery stalk; tomatoes - white cabbage - savoy; parsley root - sweet corn - courgettes; onion / spring onion
Oct	Apples - pears; elderberries - peaches; blueberries - Quince	Broccoli - mushrooms - Chinese cabbage; fennel - potatoes - cauliflower; Kohlrabi - watercress - pumpkin; Swiss chard - Horseradish - Aubergines; peppers - parsnips - leek; radicchio - radish - beetroot; red cabbage - rocket – salads; scorzonera - celery - spinach; celery stalk - tomatoes - Jerusalem artichoke; lamb's lettuce - white cabbage – savoy; parsley root - sweet corn; Courgettes - onion / spring onion
Nov	Quince	mushrooms - Chinese cabbage; cabbage sprouts - watercress; Pumpkin - horseradish - parsnip; Leek - radicchio - red cabbage; Salads - scorzonera - spinach; Jerusalem artichoke - lamb's lettuce; white cabbage - savoy - parsley root
Dec	No fresh fruit is picked in Austria in December, January, February, March and April.	mushrooms - Chinese cabbage; parsnips - leek; cabbage sprouts - watercress; lamb's lettuce - parsley root



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