



ANNA
TURA

SAISONKALENDER

GETREIDE

DINKEL

ZUTATEN:
PERLDINKEL, WASSER

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| J | F | M | A | M | J | J | A | S | O | N | D |
| A | E | Ä | P | A | U | U | U | E | K | O | E |
| N | B | R | R | I | N | L | G | P | T | V | Z |



GERSTE

ZUTATEN:
ERLGRAUPEN, WASSER

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| J | F | M | A | M | J | J | A | S | O | N | D |
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