Fruit and Vegetable Seasonality Guideline

PRODUCT DESCRIPTION	IN SEASON				AVAILABLE BUT NOT IN SEASON				OUT OF SEASON, SOMETIMES IMPORTED			
	MONTHLY AVAILABILITY											
	January	February	March	April	May	June	July	August	September	October	November	December
Fruit												
Apple - Golden Delicious												
Apple - Granny Smith												
Apple - Red												
Apricot												
Avocado												
Banana												
Blueberry												
Cherry												
Coconut												
Fig												
Gooseberry												
Granadilla												
Grapefruit												
Grapes Black -Various Varieties												
Grapes White -Various Varieties												
Guava												
Kiwi Fruit												
Kumquat												
Lemon												
Lime												
Litchies												
Mango												
Minneolas												
Naartjies												
Nectarines												
Orange - Navel												
Orange - Valencia/Midnight/Delta												
Papino												
Paw Paw												
Peach												
Pear												
Pineapple												
Plum												
Prickly Pear												
Spanspek												
Strawberry												
Sweet Melon												
Water Melon												

Fruit and Vegetable Seasonality Guideline

PRODUCT DESCRIPTION	IN SEASON				AVAILABLE BUT NOT IN SEASON				OUT OF SEASON, SOMETIMES IMPORTED			
	MONTHLY AVAILABILITY											
	January	February	March	April	May	June	July	August	September	October	November	December
Herbs												
Basil												
Bay Leaves												
Chives												
Coriander / Dhania												
Curry Leaves												
Dill												
Fennel												
Lemon Grass												
Marjoram												
Mint												
Oregano												
Parsley												
Rosemary												
Sage												
Tarragon												
Thyme												

Fruit and Vegetable Seasonality Guideline

PRODUCT DESCRIPTION	IN SEASON				AVAILABLE BUT NOT IN SEASON				OUT OF SEASON, SOMETIMES IMPORTED			
	MONTHLY AVAILABILITY											
	January	February	March	April	May	June	July	August	September	October	November	December
Vegetables												
Artichokes												
Asparagus												
Baby Butternuts												
Baby Cabbage												
Baby Carrots												
Baby Corn												
Baby Gems												
Baby Marrow												
Beans												
Beetroot												
Brinjals												
Broccoli												
Brussel Sprout												
Butternut												
Cabbage Chinese												
Cabbage Green												
Cabbage Red												
Carrot												
Cauliflower												
Celery												
Chillies												
Cocktail Tomatoes												
Cucumber English												
Endive												
Garlic												
Gem Squash												
Ginger												
Hubbard Squash												
Leeks												
Lettuce												
Madumbi / Yams												
Okra												
Onions												
Parsnips												
Patty Pans												
Peppers												
Potato												
Pumpkin												
Radish												
Rhubarb												
Spinach												
Spring Onions												
Sugar Snap Peas												

Fruit and Vegetable Seasonality Guideline

PRODUCT DESCRIPTION	IN SEASON				AVAILABLE BUT NOT IN SEASON				OUT OF SEASON, SOMETIMES IMPORTED			
	MONTHLY AVAILABILITY											
	January	February	March	April	May	June	July	August	September	October	November	December
Sweet Potato												
Sweetcorn												
Tomatoes												
Turnips												