

A Seasonal Guide

To fruits and vegetables in South Africa



Spring

SEPTEMBER | OCTOBER | NOVEMBER

Fruit: Apples, Avocados, Blueberries, Figs, Grapefruit, Grapes, Granadilla, Lemons, Litchis, Mangoes, Naartjies, Nectarines, Oranges, Pawpaw, Pears, Peaches, Persimmons, Pineapples, Plums, Pomegranates, Quince, Raspberries, Sweet melon, Watermelon

Vegetables: Artichokes, Asparagus, Baby marrows, Broad beans, Brussels sprouts, Butternut, Carrots, Kale, Leafy greens, Onions, Parsnips, Peas, Potatoes, Rhubarb, Spinach, Turnips, Watercress

Summer

DECEMBER | JANUARY | FEBRUARY

Fruit: Apples, Apricots, Bananas, Blackberries, Blueberries, Cherries, Figs, Grapes, Guavas, Litchis, Mangoes, Melon, Mulberries, Nectarines, Pears, Passion fruit, Pawpaw, Peaches, Pomegranates, Plums, Prunes, Quince, Raspberries, Strawberries, Summer berries, Sweet melon, Watermelon

Vegetables: Artichokes, Asparagus, Aubergines, Baby marrows, Beetroot, Butternut, Corn, Green beans, Onions, Peppers, Potatoes, Radishes, Rhubarb, Sweet potatoes, Tomatoes

Autumn

MARCH | APRIL | MAY

Fruit: Apples, Avocados, Blueberries, Figs, Grapefruit, Grapes, Lemons, Litchis, Mangoes, Nectarines, Naartjies, Oranges, Pawpaw, Pears, Persimmons, Pineapples, Plums, Pomegranates, Quinces, Raspberries, Sweet melon, Watermelon

Vegetables: Aubergines, Baby marrows, Beetroot, Broccoli, Brussels sprouts, Butternut, Carrots, Leeks, Onions, Parsnip, Potatoes, Radishes, Squash, Sweet peppers, Sweet potatoes, Tomatoes, Turnips

Winter

JUNE | JULY | AUGUST

Fruit: Apples, Avocados, Dates, Kiwi, Lemons, Limes, Melon, Naartjies, Oranges, Passion fruit, Pawpaw, Pears, Persimmons, Pineapples, Strawberries

Vegetables: Asparagus, Beetroot, Brussels sprouts, Broccoli, Carrots, Jerusalem artichokes, Kale, Mushrooms, Onions, Parsnips, Peas, Potatoes, Pumpkin, Radishes, Spinach, Sweet potatoes, Turnips, Watercress