

Seasonal Availability List for South Africa

Spring – September, October, November

Fruit:

Apples
Avocados
Bananas
Cape gooseberries
Coconuts
Dates
Grapefruit
Guavas
Lemons
Naartjies
Nectarines
Oranges
Pawpaws or papaya
Pears
Pineapples
Sweet melon
Strawberries
Apricots
Blackberries
Cherries
Plums
Prunes
Raspberries
Sweet melon
Watermelon

Vegetables:

Artichokes
Asparagus
Aubergines or Eggplants
Baby marrows
Beetroot
Brussels sprouts
Kale spinach
Maize or corn on the cob
Parsnips
Red onions
Rhubarb
Turnips
Watercress

Summer – December, January, February

Fruit:

Apricots
Bananas

Blackberries
Cherries
Figs
Grapes
Guavas
Lemons
Litchis
Mangoes
Melon
Mulberries
Nectarines
Pawpaws or papayas
Peaches
Pineables
Plums
Pomegranates
Prunes
Quinces
Raspberries
Strawberries
Sweet melon
Summer berries
Watermelon

Vegetables:

Artichokes
Asparagus
Aubergines or Egg plants
Baby marrows
Beetroot
Chives
Green beans
Maize or corn on the cob
Patty pans
Radishes
Red onions
Rhubarb

Autumn – March, April, May

Fruit:

Apples
Avocados
Figs
Granadillas
Grapefruit
Grapes
Lemons
Naartjies
Oranges
Pawpaws or Papayas
Pears
Pineapples

Plums
Pomegranates
Quinces
Sweet melon
Watermelon

Vegetables:

Aubergines or Egg plants
Baby marrows
Beetroot
Broad beans
Broccoli
Brussels sprouts
Butter beans
Hubbard squash
Parsnips
Radishes
Sweet peppers
Turnips

Winter – June, July, August

Fruit:

Apples
Avocados
Dates
Grapefruit
Lemons
Limes
Melon
Naartjies
Oranges
Pawpaws or Papayas
Pears
Pineapples

Vegetables:

Asparagus
Beetroot
Broad beans
Broccoli
Brussels sprouts
Fennel
Jerusalem artichokes
Kale spinach
Parsnips
Pumpkin
Radishes
Turnips
Watercress