



A Seasonal Guide

To

Nigerian Fruits & Vegetables

by Kitchen Butterfly, #NewNigerianKitchen | October, 2016 - V1.1



Common name	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
Seasons	Dry Season		Rainy Season					August break	Rainy Season		Dry Season	
Ackee			Mar	Apr								
Agbalumo <small>African star apple, Udara, Utien</small>	Jan	Feb	Mar	Apr	May							Dec
Asala <small>Black walnut, African walnt</small>							July	Aug		Oct		
Atili <small>Ube Okpoko</small>	Jan	Feb	Mar							Oct	Nov	Dec
Breadfruit							July	Aug	Sept			
Carrots	Jan	Feb	Mar						Sept	Oct		
Cashews		Feb	Mar									
Citrus, Limes										Oct	Nov	Dec
Citrus, Oranges										Oct	Nov	Dec
Citrus, Shaddock						June						
Citrus, Tangelo										Oct	Nov	Dec
Citrus, Tangerine									Sept	Oct		Dec
Cocoa							July	Aug				
Corn				Apr	May	June	July	Aug				
Cucumber								Aug				
Custard Apple		Feb						Aug	Sept			
Dates, Fresh						June	July					
Garden Eggs	Jan	Feb	Mar		May	June	July	Aug	Sept	Oct		
Ginger									Sept	Oct		
Golden Melon						June						
Groundnuts					May	June	July	Aug	Sept	Oct		
Guava		Feb	Mar					Aug	Sept			
Jackfruit					May							
June Plum	Jan											Dec
Iyeye							July					Dec
Mangoes		Feb	Mar	Apr	May			Aug	Sept			
Mangoes, Ogbono								Aug				
Monkey Kola					May	June	July	Aug				
Olöhun							July	Aug	Sept			
Ose Nsukka				Apr	May	June	July		Sept			
Passion fruit		Feb				June		Aug	Sept	Oct	Nov	
Pepper fruit		Feb	Mar	Apr	May							
Pitanga Cherry			Mar								Nov	
Rose Apple			Mar		May							
Sea Almond <small>Ebelebo, 'Fruit'</small>		Feb	Mar			June	July	Aug	Sept	Oct		
Soursop		Feb	Mar		May		July	Aug		Oct		
Sugarcane	Jan	Feb	Mar					Aug	Sept		Nov	Dec
Tignnuts <small>Aya, Ofio, Hausa groundnut</small>	Jan	Feb	Mar				July	Aug	Sept		Nov	Dec
Tomatoes								Aug	Sept			Dec
Turmeric									Sept	Oct	Nov	
Ube <small>African Butter Pear</small>					May	June	July	Aug	Sept			
Velvet Tamarind <small>Icheku, Licky Licky</small>		Feb	Mar									
New Yam								Aug	Sept	Oct		