



A Seasonal Guide

To

Nigerian Fruits & Vegetables

by Kitchen Butterfly, #NewNigerianKitchen | January 2017 - V1.1



**Not represented - fruits found all year round e.g. Bananas, Oranges, Pawpaw, Pineapple, Watermelon*

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, Ullara, Ullien</small>	Jan	Feb	Mar	Apr	May							Dec	
Asla <small>Black walnut African walnut</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	Nov	Dec	
Cashews		Feb	Mar										
Citrus, Limes										Oct	Nov	Dec	
Citrus, Oranges	Available all year with varying qualities. Best varieties in Oct - Dec									Oct	Nov	Dec	
Citrus, Shaddock						June							
Citrus, Tangelo	Jan									Oct	Nov	Dec	
Citrus, Tangerine	Jan								Sept	Oct		Dec	
Cocoa							July	Aug					
Corn				Apr	May	June	July	Aug					
Cucumber	Jan							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						
Mangoes		Feb	Mar	Apr	May			Aug	Sept				
Mangoes, Ogbono								Aug					
Monkey Kola					May	June	July	Aug		Oct			
Olohun							July	Aug	Sept				
Ose Nsukka				Apr	May	June	July		Sept				
Passion fruit	Jan	Feb				June		Aug	Sept	Oct	Nov		
Pepper fruit		Feb	Mar	Apr	May								
Pitanga cherry			Mar								Nov		
Rose Apple	Jan		Mar		May								
Sea Almond <small>Ebelebo, Fruit'</small>		Feb	Mar			June	July	Aug	Sept	Oct			
Soursop	Jan	Feb	Mar		May		July	Aug		Oct		Dec	
Sugarcane	Jan	Feb	Mar					Aug	Sept	Oct	Nov	Dec	
Tigernuts <small>Kata, Olu, Nsusu, Ironindudu</small>	Jan	Feb	Mar				July	Aug	Sept		Nov	Dec	
Tomatoes								Aug	Sept			Dec	
Turmeric	Jan								Sept	Oct	Nov	Dec	
Ube <small>African Butter Pear</small>					May	June	July	Aug	Sept				
Velvet Tamarind <small>Ifeiku, Licky Licky</small>		Feb	Mar										
New Yam								Aug	Sept	Oct			