



A Seasonal Guide

To

Nigerian Fruits & Vegetables

by Kitchen Butterfly, #NewNigerianKitchen | May 2017 - V1.2



**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, Udara, Utien</small>	Jan	Feb	Mar	Apr	May							Dec
Asala <small>Black Walnut, African walnut</small>			Mar	Apr	May		July	Aug		Oct		
Atili <small>Ube Okpoko</small>	Jan	Feb	Mar							Oct	Nov	Dec
Breadfruit							July	Aug	Sept			
Carrots	Jan	Feb	Mar	Apr	May				Sept	Oct	Nov	Dec
Cashews		Feb	Mar									
Citrus, Limes										Oct	Nov	Dec
Citrus, Oranges	Available all year with varying qualities. Best fruit in Oct - Dec									Oct	Nov	Dec
Citrus, Shaddock						June						
Citrus, Tangelo	Jan									Oct	Nov	Dec
Citrus, Tangerine	Jan			Apr	May				Sept	Oct		Dec
Cocoa							July	Aug				
Cola Lepidota					May	June	July	Aug		Oct		
Cola Millenii				Apr	May							
Corn				Apr	May	June	July	Aug				
Cucumber	Jan	Feb	Mar	Apr	May			Aug				
Custard Apple		Feb						Aug	Sept			
Dates, Fresh				Apr	May	June	July					
Garden Eggs	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct		
Ginger									Sept	Oct		
Golden Melon					May	June						
Groundnuts					May	June	July	Aug	Sept	Oct		
Guava		Feb	Mar					Aug	Sept			
Jackfruit					May							
June Plum	Jan											Dec
Iyeye							July					
Mangoes	Jan?	Feb	Mar	Apr	May			Aug	Sept			
Mangoes, Ogbono				Apr	May	June	July	Aug	Sept	Oct		
Olohun							July	Aug	Sept			
Ose Nsukka				Apr	May	June	July		Sept			
Passion fruit	Jan	Feb	Mar		May	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>	Jan	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>Aya, Ofio, Hausa groundnut</small>	Jan	Feb	Mar				July	Aug	Sept		Nov	Dec
Tomatoes	Jan							Aug	Sept			Dec
Turmeric	Jan	Feb	Mar	Apr	May				Sept	Oct	Nov	Dec
Ube <small>African Butter Pear</small>					May	June	July	Aug	Sept			
Velvet Tamarind <small>Icheku, Licky Licky</small>	Jan	Feb	Mar	Apr	May							
New Yam								Aug	Sept	Oct		

Sighted in Lagos, mid January 2017

Sighted in Benin, late January 2017