



# A Seasonal Guide

To

## Nigerian Fruits & Vegetables

by Kitchen Butterfly, #NewNigerianKitchen | January 2018 - V1.3



\*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
<b>Seasons</b>	Dry Season		Rainy Season				August break		Rainy Season		Dry Season	
 <b>Ackee</b>			Mar	Apr								
 <b>Agbalumo</b> <small>African star apple, Udara, Utien</small>	Jan	Feb	Mar	Apr	May							Dec
 <b>Asala</b> <small>Black walnut, African walnut</small>			Mar	Apr	May		July	Aug		Oct		
 <b>Atili</b> <small>Ube Okpoko</small>	Jan	Feb	Mar							Oct	Nov	Dec
 <b>Avocado</b>	Jan	Feb	Mar	Apr						Oct		
 <b>Breadfruit</b>							July	Aug	Sept			
 <b>Carrots</b>	Jan	Feb	Mar	Apr	May				Sept	Oct	Nov	Dec
 <b>Cashews</b>		Feb	Mar									
 <b>Citrus, Limes</b>	Jan	Available all year with varying qualities. Best fruit in Oct - Dec								Oct	Nov	Dec
 <b>Citrus, Oranges</b>	Jan	Available all year with varying qualities. Best fruit in Oct - Dec								Oct	Nov	Dec
 <b>Citrus, Shaddock</b>						June						
 <b>Citrus, Tangelo</b>	Jan									Oct	Nov	Dec
 <b>Citrus, Tangerine</b>	Jan			Apr	May	June			Sept	Oct		Dec
 <b>Cocoa</b>							July	Aug				
 <b>Cola Lepidota</b> <small>Monkey Kola, Epapa, Ajirinje, Oji, Oshicha, Nriwah</small>					May	June	July	Aug		Oct		
 <b>Cola Millenii</b> <small>Monkey Kola, Obi-Edun/ Ata Igberere, Ako, Nkarika, Mmimi</small>				Apr	May							
 <b>Corn</b>				Apr	May	June	July	Aug				
 <b>Cucumber</b>	Jan	Feb	Mar	Apr	May			Aug				
 <b>Custard Apple</b>		Feb						Aug	Sept			
 <b>Dates, Fresh</b>				Apr	May	June	July					
 <b>Garcinia Kola</b> <small>Bitter Kola</small>					May	June?						
 <b>Garden Eggs</b>	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct		
 <b>Ginger</b>									Sept	Oct		
 <b>Golden Melon</b>	Jan				May	June						
 <b>Groundnuts</b> <small>Epa</small>					May	June	July	Aug	Sept	Oct		
 <b>Guava</b>		Feb	Mar					Aug	Sept			
 <b>Jackfruit</b>					May							
 <b>June Plum</b>	Jan											Dec
 <b>Iyeye</b>							July					
 <b>Mangoes</b>	Jan	Feb	Mar	Apr	May	June		Aug	Sept			
 <b>Mangoes, Ogbono</b>				Apr	May	June	July	Aug	Sept	Oct		
 <b>Olohun</b>							July	Aug	Sept			
 <b>Ose Nukka</b>				Apr	May	June	July		Sept			
 <b>Passion fruit</b>	Jan	Feb	Mar		May	June		Aug	Sept	Oct	Nov	
 <b>Pepper fruit</b> <small>Mmimmi</small>		Feb	Mar	Apr	May							
 <b>Pitanga Cherry</b>			Mar								Nov	
 <b>Rose Apple</b>	Jan		Mar		May							
 <b>Sea Almond</b> <small>Ebelebo, 'Fruit'</small>	Jan	Feb	Mar			June	July	Aug	Sept	Oct		
 <b>Soursop</b>	Jan	Feb	Mar		May	June	July	Aug		Oct		Dec
 <b>Sugarcane</b>	Jan	Feb	Mar					Aug	Sept	Oct	Nov	Dec
 <b>Tamarind</b> <small>Tsamiva</small>		Feb										
 <b>Tigernuts</b> <small>Aya, Ofio, Hausa groundnut</small>	Jan	Feb	Mar	Apr	May		July	Aug	Sept		Nov	Dec
 <b>Tomatoes</b>	Jan							Aug	Sept			Dec
 <b>Turmeric</b>	Jan	Feb	Mar	Apr	May	June			Sept	Oct	Nov	Dec
 <b>Ube</b> <small>African Butter Pear</small>					May	June	July	Aug	Sept			
 <b>Velvet Tamarind</b> <small>Icheku, Licky Lick, Tsamiya Biri</small>	Jan	Feb	Mar	Apr	May							
 <b>New Yam</b>								Aug	Sept	Oct		