

TABLE TO KNOW THE FRUITS AND VEGETABLES IN SEASON IN EACH MONTH OF THE YEAR.

Month	Fruits	Vegetables
January	avocado - mandarin - apple	chard - artichoke - cauliflower
February	kiwi - pear - banana	celery - thistle - spinach
March	mango - pineapple - grapefruit	garlic - broccoli - onion
April	strawberry - loquat - papaya	cabbage - asparagus - green bean
May	apricot - cherry - plum	courgette - lettuce - potato
June	blueberry - raspberry - peach	cucumber - pepper - carrot
July	fig - redcurrant - melon	aubergine - tomato - onion
August	grape - watermelon - blackberry	mushroom - leek - okra
September	date - banana - nectarine	sweet potato - pumpkin - parsnip
October	kiwi - chestnut - custard apple	celery - beetroot - cauliflower
November	pomegranate - quince - pear	borage - curly endive - fennel
December	madrone - orange - apple	endive - spinach - leek