

5-a-Day Seasonal Availability Chart - Vegetables

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Artichokes												
Asparagus												
Asparagus, Green												
Baby Marrows												
Beans, Green												
Beetroot												
Brinjal												
Broccoli												
Brussels Sprouts												
Cabbage												
Calabash												
Carrots												
Cauliflower												
Celery, Table												
Corn												
Cucumbers												
Endive												
Fennel												
Garlic												
Ginger												
Horse Radish												
Kohlrabi												
Leeks												
Lettuce, Butter												
Lettuce, Cos												
Lettuce, Crisp												
Lettuce, Fancy Leaf												
Mushrooms												
Okra												
Onions												
Parsnips												
Peas, Garden												
Peas, Sugar Snaps & Mange Tout												
Peppers, Bell												
Peppers (Chillies)												
Potatoes												
Potatoes, Sweet												
Radishes												
Rhubarb												
Spinach, English												
Spring Onions												
Sprouts												
Squashes & Pumpkin												
Sweetcorn												
Swiss Chard												
Tomatoes												
Tomatoes, Sun-dried												
Turnips												
Waterblommetjies												

