



Summer  
Dec - Feb

Vegetables

artichoke (globe), asparagus, beetroot, butternut, baby corn, brinjal, cabbage, carrots, celery, chillies, chives, courgettes or baby marrow, cucumber, endive [limited supply], garlic, green beans, kohlrabi, large variety of lettuce, mange tout, marog, mealies, mushrooms, okra, onions, parsley, potatoes, pumpkin, radishes, radicchio, rhubarb, spinach, spring onions, sweet peppers, sweet potatoes, Swiss chard, squash, turnips

Fruit

apricots, apples like golden delicious, top red, starking, golden delicious (towards end of summer), bananas, berries like blue berries, strawberries, black berries & raspberries, cherries (1 to 2 weeks only), elderberries, figs, grapes, granadillas, guava, kiwi fruit, lemons, litchis, mangoes, melons like honeydew & pepino, nectarines, paw paws, peaches, pears, pineapples, plums, pomegranates, prickly pears, quince, spanspek, tree tomatoes, watermelons.



Autumn  
Mar - May

Vegetables

artichokes (Jerusalem), avocado's, beetroot, broccoli, brinjal, brussel sprouts, cabbage, carrots, cauliflower, celery, chives, courgettes, cucumber, endive, garlic (scarce), green beans, horseradish, kale, leeks, lettuce, mealies, mushrooms, onion, parsley, peas, parsnips, potatoes, pumpkin, radishes, spinach, squash (gem), sweet peppers, sweet potatoes, turnips.

Fruit

Apples like Granny Smith, Royal Gala & Fuji, avocado, bananas, figs, grapes, gooseberries, guava's, lemons, mangoes, oranges (towards end of autumn), paw paw, peaches, pears, plums, pomegranates, pineapples, quince, spanspek, tomatoes, watermelon, winter melons.



Winter  
Jun - Aug

Vegetables

asparagus, artichokes (Jerusalem), beetroot, broad beans, broccoli, Brussel sprouts, cabbage, carrots, cauliflower, celery, celeriac, chives, cucumber, endive, garlic (scarce) horseradish, kale, kohlrabi, leeks, lettuce, mushrooms, new potatoes, onion, parsley, parsnips, peas, peppers, potatoes, pumpkin, radishes, rhubarb Swiss chard, spinach, spring onions, squash, sweet potatoes, turnips

Fruit

apples, avocado, bananas, gooseberries, guavas, granadilla, grapefruit, kiwi (limited), kumquats, lemons, limes, loquats, naartjies, oranges, paw-paw, pineapples, tomato



Spring  
Sep - Nov

Vegetables

asparagus, artichoke (globe), baby marrow, beetroot, beans, broad beans, broccoli, cabbage, carrots, cauliflower, celery, courgettes, cucumber, endive [limited], garlic, green beans, leeks, lettuce, mushrooms, mielies, new potato, onion, parsley, parsnips, peas, potato, pumpkin, radishes, rhubarb, spinach, Swiss Chard, squash, spring onion, sweet potatoes, turnips, waterblommetjies

Fruit

avocados, apricots, bananas, Cape gooseberry, cherry, grapefruit, guava, kumquats, kiwi, lemons, limes, melons, mulberries, naartjies, oranges, paw paw, peaches, pineapple, plums, rhubarb, spanspek, strawberries, tomatoes, watermelons