

# TOP BILLING SEASONAL EATING PLAN WHAT TO EAT WHEN

JANUARY	MARCH	MAY	JULY	SEPTEMBER	NOVEMBER
<p><b>FRUIT</b> apples • apricots • bananas • blue berries • coconut • cherries • figs • granadillas • grapes • guavas • kiwi • lemons • litchis • mangoes • melons • nectarines • papaya • peaches • pears • pineapple • plums • prickly pears • quinces • raspberries • rhubarb • spanspek • strawberries • watermelon</p> <p><b>VEGETABLES</b> artichokes • asparagus • beetroot • aubergines • broccoli • butternut • cabbage • carrots • cauliflower • celery • chillies • courgettes • cucumber • endive • fennel • garlic • ginger • green beans • lettuce • mielies • mushrooms • onions • potatoes • pumpkins • radishes • spinach • squash • sweet peppers • sweet potatoes • tomatoes • turnips</p>	<p><b>FRUIT</b> apples • avocados • bananas • chestnuts • figs • gooseberries • granadillas • grapes • grapefruit • guavas • lemons • limes • mangoes • melons • nectarines • peaches • pears • pineapple • plums • pomegranate • prickly pears • prunes • quinces • raspberries • spanspek • star fruit • strawberries • sweet melons • watermelons</p> <p><b>VEGETABLES</b> aubergines • beetroot • butternut • cabbage • carrots • celery • chillies • courgettes • cucumbers • endives • garlic • green beans • leeks • lettuce • mielies • mushrooms • onions • parsnips • potatoes • pumpkins • radishes • spinach • squash • sweet peppers • sweet potatoes • tomatoes • turnips</p>	<p><b>FRUIT</b> apples • avocados • bananas • gooseberries • grapefruit • granadillas • guavas • lemons • limes • melons • naartjies • oranges • papaya • pears • pineapple • pomegranates • quince • star fruit</p> <p><b>VEGETABLES</b> beetroot • broad beans • broccoli • brussels sprouts • butternut • cabbage • carrots • cauliflower • celery • chillies • courgettes • cucumers • endive • fennel • garlic • green beans • horseradish • jerusalem artichokes • kale • leeks • lettuce • mushrooms • onions • parsnips • peas • potatoes • pumpkin • radishes • spinach • squash • sweet peppers • sweet potatoes • tomatoes • turnips • waterblommetjies</p>	<p><b>FRUIT</b> apples • avocados • bananas • gooseberries • grapefruit • granadillas • guavas • kiwi • kumquats • lemons • limes • naartjies • oranges • papaya • pears • pineapples • pomegranates • rhubarb • starfruit</p> <p><b>VEGETABLES</b> beetroot • broad beans • broccoli • brussels sprouts • cabbages • carrots • cauliflower • celery • chicory • cucumber • endive • fennel • garlic • ginger • horseradish • kale • leeks • lettuce • mushrooms • onions • parsnip • peas • potatoes • pumpkins • radishes • spinach • squash • sweet peppers • sweet potatoes • tomatoes • turnips • waterblommetjies • watercress</p>	<p><b>FRUIT</b> avocados • bananas • coconuts • figs • gooseberries • grapefruit • granadillas • guavas • kiwis • kumquat • lemons • melons • mulberries • naartjies • olives • oranges • papaya • peaches • pears • pineapples • rhubarb • strawberries • tangelo</p> <p><b>VEGETABLES</b> artichokes • asparagus • beetroot • broccoli • brussels sprouts • cabbages • carrots • cauliflower • celery • chicory • cucumber • endive • garlic • leeks • lettuce • mushrooms • onions • parsnips • peas • potatoes • pumpkins • radishes • spinach • squash • sweet potatoes • tomatoes • turnips • waterblommetjies</p>	<p><b>FRUIT</b> apricots • avocado • bananas • blackberries • cherries • grapefruit • granadillas • grapes • figs • kiwi guavas • lemons • litchis • mangoes • melons • mulberries • naartjies • nectarines • oranges • papaya • peaches • pears • pineapple • plums • raspberries • spanspek • strawberries • watermelon</p> <p><b>VEGETABLES</b> artichokes • asparagus • aubergine • beans • beetroot • broccoli • cabbage • carrots • cauliflower • celery • courgettes • cucumber • endive • garlic • horseradish • jerusalem artichokes • kale • leeks • lettuce • mielies • mushrooms • parsnip • peas • pumpkin • radishes • spinach • squash • peppers • sweet potato • turnips • waterblommetjies</p>
FEBRUARY	APRIL	JUNE	AUGUST	OCTOBER	DECEMBER
<p><b>FRUIT</b> apples • apricots • avocados • bananas • blue berries • chestnuts • figs • gooseberries • granadillas • grapes • lemons • litchis • mangoes • melons • nectarines • papaya • peaches • pears • pineapple • plums • pomegranate • prickly pear • prunes • quinces • raspberries • rhubarb • spanspek • star fruit • strawberries • watermelon</p> <p><b>VEGETABLES</b> artichokes • aubergines • beetroot • cabbage • carrots • chillies • courgettes • cucumber • endive • garlic • ginger • green beans • lettuce • mielies • mushrooms • onions • potatoes • pumpkins • radishes • spinach • squash • sweet • peppers • sweet potatoes • tomatoes • turnips •</p>	<p><b>FRUIT</b> apples • avocados • bananas • chestnuts • gooseberries • granadillas • grapefruit • grapes • guavas • lemons • limes • melons • naartjies • pears • pineapples • plums • quinces • star fruit • winter melons</p> <p><b>VEGETABLES</b> aubergines • beetroot • broad beans • broccoli • butternut • cabbage • carrots • cauliflower • celery • chillies • courgettes • cucumbers • endive • garlic • green beans • jerusalem artichokes • leeks • lettuce • mielies • mushrooms • onions • parsnips • potatoes • pumpkins • radishes • spinach • squash • sweet potato • turnips</p>	<p><b>FRUIT</b> apples • avocados • bananas • gooseberries • grapefruit • granadillas • guavas • kiwis • kumquats • lemons • limes • melon • naartjies • oranges • papaya • pears • persimmon • pineapples • pomegranates • rhubarb</p> <p><b>VEGETABLES</b> beetroot • broad beans • broccoli • brussels sprouts • cabbage • carrots • cauliflower • celery • chicory • cucumber • endive • fennel • garlic • ginger • horse radish • Jerusalem artichokes • kale • leeks • lettuce • mushrooms • onions • parsnips • peas • potatoes • pumpkins • radishes • spinach • squash • sweet potatoes • tomatoes • turnips • waterblommetjies • watercress</p>	<p><b>FRUIT</b> apples • avocados • bananas • gooseberries • grapefruit • granadillas • guavas • kiwi • kumquat • lemons • limes • loquats • naartjies • olives • oranges • papaya • pears • pineapples • rhubarb • starfruit • strawberries • tangelo</p> <p><b>VEGETABLES</b> artichokes • asparagus • beetroot • broccoli • brussels sprouts • cabbages • carrots • cauliflowers • celery • chicory • cucumber • endive • fennel • garlic • ginger • horseradish • kale • leeks • lettuce • mushrooms • onions • parsnips • peas • potatoes • pumpkins • radishes • spinach • squash • sweet potatoes • tomatoes • turnips • waterblommetjies</p>	<p><b>FRUIT</b> apricots • avocados • bananas • cherries • coconuts • figs • granadillas • grapefruit • guavas • kiwis • lemons • melons • mulberries • naartjies • oranges • papaya • peaches • pears • pineapples • rhubarb • strawberries</p> <p><b>VEGETABLES</b> artichokes • asparagus • beetroot • broccoli • cabbage • carrots • cauliflower • celery • celeriac • celery • chicory • courgettes • cucumber • endive • garlic • ginger • green beans • kohlrabi • leeks • lettuce • mielies • mushrooms • onions • P • parsnips • peas • potatoes • pumpkins • radishes • spinach • squash • sweet potatoes • tomatoes • turnips • waterblommetjies</p>	<p><b>FRUIT</b> apricots • avocado • bananas • cherries • figs • granadillas • grapes • lemons • litchis • mangoes • melons • mulberries • nectarines • papaya • peaches • pineapple • plums • spanspek • watermelon</p> <p><b>VEGETABLES</b> artichokes • asparagus • beetroot • broccoli • brussels sprouts • cabbages • carrots • cauliflower • celery • garlic • green beans • horseradish • kale • leeks • lettuce • mielies • mushrooms • onions • parsnips • peas • potatoes • pumpkins • radishes • spinach • tomatoes • squash • sweet potatoes • turnips</p>