

Seasonality Chart for Various Fruits, Nuts and Seeds

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
FRUITS												
Apple			S	S	S			N	N	N	N	
Apricot					N	N	N				S	S
Banana	N/S	N/S	N/S	N/S	N/S	N/S	N/S	N/S	N/S	N/S	N/S	N/S
Blackberry		S	S				N	N	N			
Blueberry	S	S					N	N				S
Cherry						N	N				S	S
Cranberry			S	S					N	N		
Dates	N	N	N	N	N	N	N	N	N	N	N	N
Fig			S	S								
Grape (raisin)		S	S	S	S				N	N	N	
Mango							N/S					
Peach	S	S					N	N				S
Pear		S	S						N	N		
Pineapple	S	S	S	S	S	S	S	S	S	S	S	S
Plum	S	S	S				N	N	N			
Prune		S	S				N	N	N			
Raspberry (red)	S	S	S			N	N	N			S	S
Strawberry						N	N	N			S	S
NUTS												
Almonds		S	S	S				N	N	N	N	
Cashew nut	S	S	S	S	S	S					S	S
Coconut	N	N	N	N	N	N	N	N	N	N	N	N
Hazelnut					N	N	N					
Macadamia nut	S	S	S									
Pecan Nuts									N	N	N	
Pistachio nut									N	N		
Walnuts									N	N	N	
SEEDS												
Flax seed									N	N	N	
Poppy seed		S	S									
Pumpkin seeds									N	N	N	
Sesame Seeds		N	N								N	N
Sunflower seeds									N	N		

S= Southern Hemisphere

N=Northern Hemisphere

N/S = Both Hemispheres