

5-a-Day Seasonal Availability Chart - Fruit

| | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC | |
|------------------------|--------|--------|--------|--------|-----|--------|-----|-----|-----|-----|--------|--------|--|
| Apples | Yellow | | | | | | | | | | | | |
| Apricots | Orange | | | | | | | | | | | Orange | |
| Avocado | | Red | | | | | | | | | | | |
| Banana | Yellow | | | | | | | | | | | | |
| Blueberries | Orange | | | | | | | | | | | Orange | |
| Cactus Pear | Red | | | | | | | | | | | Red | |
| Cape Gooseberries | Yellow | | | | | | | | | | | | |
| Carambola (Star Fruit) | | Orange | | | | | | | | | | | |
| Cherries | | | | | | | | | | | Red | | |
| Coconut | Yellow | | | | | | | | | | | | |
| Dates | Orange | | | | | | | | | | | | |
| Figs | Red | | | | | | | | | | | | |
| Galia Melon | Yellow | | | | | | | | | | Yellow | | |
| Granadillas | Orange | | | | | | | | | | | | |
| Grapefruit | | | | | Red | | | | | | | | |
| Grapes | Yellow | | | | | | | | | | | Yellow | |
| Guava | | | | Orange | | | | | | | | | |
| Honeydew Melon | Red | | | | | | | | | | | | |
| Kiwi Fruit | Yellow | | | | | | | | | | | | |
| Kumquat | | | | | | Orange | | | | | | | |
| Lemon | Red | | | | | | | | | | | | |
| Lime | | | Yellow | | | | | | | | | | |
| Litchis | Orange | | | | | | | | | | Orange | | |
| Mangoes | Red | | | | | | | | | | | Red | |
| Minneola | | | | | | Yellow | | | | | | | |
| Nectarines | Orange | | | | | | | | | | Orange | | |
| Oranges | Red | | | | | | | | | | | | |
| Papaya | Yellow | | | | | | | | | | | | |
| Peaches | Orange | | | | | | | | | | Orange | | |
| Pears | Red | | | | | | | | | | | | |
| Persimmon | | | Yellow | | | | | | | | | | |
| Pineapples | Orange | | | | | | | | | | | | |
| Plums | Red | | | | | | | | | | | Red | |
| Prunes | Yellow | | | | | | | | | | Yellow | | |
| Raspberries | Orange | | | | | | | | | | Orange | | |
| Soft Citrus | | | Red | | | | | | | | | | |
| Spanspek | Yellow | | | | | | | | | | | | |
| Strawberries | Orange | | | | | Orange | | | | | | | |
| Watermelon | Red | | | | | | | | | | Red | | |

