



















Fruits	January	February	March	April	May	June	July	August	September	October	November	December
Apple 🍏							🟢	🟢	🟢	🟢		
Apricot 🍑					🟢	🟢	🟢	🟢				
Avocado 🥑	🟢	🟢	🟢	🟢	🟢						🟢	🟢
Banana 🍌	🟢	🟢	🟢	🟢	🟢	🟢	🟢	🟢	🟢	🟢	🟢	🟢
Berries 🍇					🟢							
Clementine 🍊	🟢	🟢									🟢	🟢
Chestnuts 🌰					🟢	🟢	🟢					
Cherries 🍒							🟢	🟢	🟢			
Fig 🍌	🟢	🟢									🟢	🟢
Grapefruit 🍊							🟢	🟢	🟢	🟢	🟢	🟢
Grapes 🍇										🟢	🟢	
Kiwi 🥝						🟢						
Koromilo (Mirabelle plum) 🍑	🟢	🟢	🟢						🟢	🟢	🟢	🟢
Lemon 🍋					🟢	🟢						
Melon 🍈	🟢	🟢	🟢	🟢	🟢					🟢	🟢	🟢
Orange 🍊					🟢	🟢	🟢	🟢	🟢	🟢		
Peach 🍑							🟢	🟢	🟢	🟢		
Pear 🍐										🟢	🟢	🟢





Green onion/Scallion 													
Leek 													
Lettuce 													
Mushrooms 													
Okra 													
Onion 													
Parsley 													
Peas 													
Potatoes 													
Radishes 													
Rocket/arugula 													
Rosemary 													
Spinach 													
Squash 													
Tomato 													
Turnip 													
Vlita/Amaranth greens 													
White beet 													

\*sources: [www.greenpeace.org](http://www.greenpeace.org); [www.funkycook.gr](http://www.funkycook.gr)