

Title:

What's in season in South Africa?

Word Count:

644

Summary:

South Africans live from season to season, eating what the earth gives them. A variation in l

Keywords:

seasonal fruit and vegetables, South Africa, Southa African food

Article Body:

South Africans live from season to season, eating what the earth gives them. A variation in l

Rainfall varies between around 125 mm per year along the arid western coast and 1 000 mm a year

If you travel to South Africa during October to May (mainly) you can go to farms and pick your

So when can you expect to buy certain fruits? Don't be caught out, just take a look at which

If you travel to South Africa during the colder months, you can sink your teeth into apples fr

Pears you find most of the year, with the season running from January to October, while pineap

You can find pretty much most vegetables throughout the year. These include baby marrow, butt

Make sure you know which fruits are in season so you know what to look forward to when you tra

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