

# Guam Island-Fresh Vegetables

## Guam Vegetable Availability\* Chart




### Buy Fresh

Enjoy premium taste and maximum freshness. Produce picked and eaten closer to its desired maturity has exceptional flavor and, when handled properly, is packed with nutrients.

### Buy Local

- Support local farmers
- Get unique local varieties
- Go Green—Save fuel

Common Name (Chamorro)	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
Beans, Bush (Abuchuelas)												
Beans, Yardlong (Frioles)												
Beans, Wing (Sigidiyas)												
Bittermelon (Atmagosu)												
Cabbage, Chinese (Nappa')												
Pak-choi, Bak Choy, Petsai												
Cabbage, Head (Ripoyu)												
Cassava (Mendeoka)												
Chinese Water Spinach (Kangkong)												
Corn, Sweet (Mai'es)												
Cucumber (Kamba)												
Eggplant (Beringhenas)												
Ginger, Tumeric (Mango')												
Ginger, White (Hasngot)												
Gourd, Bottle (Kalabasa/Upo)												
Gourd, Spanish (Chaiote)												
Gourd, Sponge (Patola)												
Gourd, Wax (Kondot)												
Okra (Okra)												
Onion, Green (Siboyas Chamorro)												
Pepper, Bell (Donne' Mames)												
Pepper, Hot (Donne' Pika)												
Pumpkin (Kalamasa)												
Pumpkin Tips (Puntan Kalamasa)												
Radish, Daikon/Red												
Sweet Potato (Kamuti)												
Tomato, Cherry (Tumates Ubas)												
Tomato, Large (Tumates Dangkolo)												
Taro, Red (Sunen Agaga')												
Taro, White (Sunen Honolulu)												
Vegetable Sprouts												
Yam, (Dagu)												

Indicates Availability	
Indicates Moderate Availability	
Indicates Not Available	

\* Seasonality based on production in Guam. Availability could vary from year-to-year depending on weather conditions.

For information on availability and assistance in obtaining, contact the Farmer's Cooperative Association of Guam, Inc. at [president@guamfarmers.org](mailto:president@guamfarmers.org) or Guam Cooperative Extension at 671-735-2080.

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