|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Beans** | | **Staple** | **vegatables** | | **Fruits** | | | |
| sessional | offsessional | Rice | sessional | offsessional | summer | Autumn | winter | sprint |
| Bodi | Ghiu semi | Dhido | Simi | Kurilo | Mango | Apple | Apple | Apricot |
| Bhatmash | Rajma | Gundruk | Chukandar | Kerala | Lychee | Pear | Pear | Jack fruit |
| kerau | Chana | Maze | Bodi | Lauka | Water melon | Plum | Orange | Mango |
| Black gram | Dried peas | Millet | Tama | Iskush | Papaya | Grape | Grapefruit | Lychee |
| Green gram | Hariyo chana | Buck wheat | Banda gobi | Souf | Guava | Guava | Maushambi | Orange |
| Masuro | Gahat | Floor | Bhade khursani | Methi ko saag | Blackberry | Persimmon(  Haluwa bed) | pummelo | Pine Apple |
| Rahar | Quanti | Sel roti | Phool gobi | Leudo | Blueberry | pineapple |  | Straw  berry |
| Rato bodi |  | Wo or Bara | Mashroom | Rajma | Peach | Pomegranate  (Anaar) |  |  |
|  |  | Yomari | Coriander | Ghiraula | Coconut |  |  |  |
|  |  | Haluwa | Khursani | Chamsur | Pear |  |  |  |
|  |  | Kheer | Potato | Bhindi | Pineapple |  |  |  |
|  |  | Mashyaura | Mula | Mewa | Apricot |  |  |  |
|  |  | Phaper ko roti | Palungo | Bhuikatahar | Cherry |  |  |  |
|  |  | Fini roti | Gaava | Pumkin | Grapefruit |  |  |  |
|  |  | Daal puri | Tomato | Chichinda | Grape |  |  |  |
|  |  | Jaulo | Haldi | Ghiu simi | Jackfruit |  |  |  |
|  |  | Khoa | Aduwa | Bethe ko saag | Mulberry  (kimbu) |  |  |  |
|  |  | khichdi | Brokauli | Kubhindo | Raspberry |  |  |  |
|  |  |  | Pidalu | Garlic | Suger apple |  |  |  |
|  |  |  | Rayo ko saag | Tarul |  |  |  |  |
|  |  |  | Sisnu ko saag | Latte ko saag |  |  |  |  |
|  |  |  |  | Phaper ko saag |  |  |  |  |
|  |  |  |  | Caroot |  |  |  |  |
|  |  |  |  | Cucumber |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |

[https://www.merokalam.com/nepali-vegatables-english-name/

<https://www.jaanari.com/questions/4/list-of-fruits-by-sesson-in> -nepal

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