

GUAM-GROWN VEGETABLES

Seasonality Chart

Why Buy Local?

Enjoy peak freshness

Local farms and gardens are the freshest source of produce in Guam, delivering a higher nutrient content, more exceptional flavor, and a longer shelf-life than imported vegetables.

Support local farmers

Buying local produce infuses money directly into our island economy, supporting farmers and their workers and families. It also encourages growth and diversity of local agriculture operations, contributing to greater food security for the island.

Reduce your footprint

Growing and buying food locally reduces the need for international shipments. This makes for a greener island and a greener planet with less pollution emissions and less waste produced from shipping materials.

Guam Seasonality Chart*

| COMMON NAME | CHAMORU NAME | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
|-----------------------|--------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Beans, Bush, Pole | Abuchuelas | | | | | | | | | | | | |
| Beans, Yardlong | Friholes | | | | | | | | | | | | |
| Beans, Wing | Sigidiyas | | | | | | | | | | | | |
| Bittermelon | Atmagosu | | | | | | | | | | | | |
| Bok Choy, Pak Choi | Pechai | | | | | | | | | | | | |
| Cabbage, Chinese | Nappa' | | | | | | | | | | | | |
| Cabbage, Head | Ripoyu | | | | | | | | | | | | |
| Cassava | Mendioka | | | | | | | | | | | | |
| Chinese Water Spinach | Kangkong | | | | | | | | | | | | |
| Corn, Sweet | Mai'es/Ilot | | | | | | | | | | | | |
| Cucumber | Kamba | | | | | | | | | | | | |
| Eggplant | Birenghenas | | | | | | | | | | | | |
| Ginger, Tumeric | Mango' | | | | | | | | | | | | |
| Ginger, White | Hångot | | | | | | | | | | | | |
| Gourd, Bottle | Kalabasa/Upo/Tagua | | | | | | | | | | | | |
| Gourd, Spanish | Chaiote | | | | | | | | | | | | |
| Gourd, Sponge | Patola | | | | | | | | | | | | |
| Gourd, Wax | Kondot | | | | | | | | | | | | |
| Leafy Greens | | | | | | | | | | | | | |
| Okra | Okra | | | | | | | | | | | | |
| Onion, Green | Siboyas Chamoru | | | | | | | | | | | | |
| Pepper, Bell | Donne' Mames | | | | | | | | | | | | |
| Pepper, Hot | Donne' Pika | | | | | | | | | | | | |
| Pumpkin | Kalamasa | | | | | | | | | | | | |
| Pumpkin Tips | Puntan Kalamasa | | | | | | | | | | | | |
| Radish, Daikon/Red | | | | | | | | | | | | | |
| Sweet Potato | Kamuti | | | | | | | | | | | | |
| Taro, Red | Sunen Agaga' | | | | | | | | | | | | |
| Taro, White | Sunen 'Honolulu' | | | | | | | | | | | | |
| Tomato, Cherry | Tumâtes Ubas | | | | | | | | | | | | |
| Tomato, Large | Tumâtes Dangkolo | | | | | | | | | | | | |
| Vegetable Sprouts | | | | | | | | | | | | | |
| Yam | Dågu/Nika/Gaddo' | | | | | | | | | | | | |

Indicates PEAK availability
 Indicates MODERATE availability
 Indicates NO availability



Bittermelon



Eggplant



Bell Pepper



Lettuce



Cherry Tomato

*Availability could vary from year-to-year depending on weather conditions.

