みやざき食材　旬の暦

ページ数	品　目	1月			2月			3月			4月			5月			6月			7月			8月			9月			10月			11月			12月		
		上	中	下	上	中	下	上	中	下	上	中	下	上	中	下	上	中	下	上	中	下	上	中	下	上	中	下	上	中	下	上	中	下	上	中	下
2	大葉	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
3	黒皮かぼちゃ	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●																●	●	●
4	洋種かぼちゃ													●	●	●	●	●	●																		
5	かんしょ																		●	●	●	●	●	●	●												
6	キャベツ	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●																	●	●	●	●
7	施設きゅうり	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●													●	●	●	●	●	●
8	露地きゅうり																										●	●	●	●	●	●	●	●	●		
9	ブルームきゅうり	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●				●	●	●	●	●	●	●	●	●
10	ゴーヤ							●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●							
11	コールラビ	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●													●	●	●	●	●	●	●	●	●
12	さといも																						●	●	●	●	●										
13	ハウス新しょうが										●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●									
14	露地しょうが																														●	●	●	●			
15	スイートコーン													●	●	●	●	●	●	●																	
16	千切り大根	●	●	●	●	●	●																												●	●	●
17	大玉トマト	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●																		
18	ミニトマト(鬼塚農園)	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●													●	●	●
19	ミニトマト(宮崎太陽農園)	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●							●	●	●	●	●	●	●	●	●
20	佐土原ナス	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
21	ナス	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●																	●	●	●	●	●
22	にんじん	●	●	●	●	●	(露地)			●	●	●	●	●	●	(マルチ栽培)																					
23	白ネギ	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●										●	●	●	●	●	●
24	ピーマン	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●									●	●	●	●	●	●	●	●	●	●
25	らっきょう													●	●	●																					
26	緑竹																			●	●	●	●	●	●	●	●										
27	いちご	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●																				●	●
28	完熟きんかん“たまたま”		●	●	●	●	●	●	●	●																											
29	デコポン(不知火)	●	●	●	●	●	●	●	●	●	●	●	●																						●	●	●
30	パパイア	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
31	日向夏	●	●	●	●	●	●	●	●	●	●																										●
32	温州みかん																										●	●	●	●	●						
33	高岡文旦				●	●	●	●	●	●																											
34	マンゴー									●	●	●	●	●	●	●	●	●	●	●	●	●															
35	菌茸類	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●