



## Seasonal growing in **New Zealand**

New Zealand offers a wide variety of vegetables all year round thanks to its many growing regions. Carrots, broccoli, cabbage, lettuce, silverbeet, and spring onions are among the year-round favourites.

*Carrots are continuously harvested throughout the year; from Pukekohe to Hawke's Bay, Ohakune, and Canterbury, ensuring widespread availability.*

Vegetables such as sweetcorn, green beans, artichoke, asparagus, yams, and Brussels sprouts are seasonal due to limited growing and harvest periods and/or a short shelf-life.

*Kūmara, harvested in autumn, can maintain its quality in cool storage for several months. This allows consumers to enjoy them beyond the harvest season.*

Glasshouses allow eggplants, cucumber, capsicum, and tomatoes to be grown all year under climate-controlled conditions. These vegetables are more abundant in summer.



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- **Inspiring recipes**
- **A-Z of vegetables**
- **Education resources**
- **Meet the grower videos**



# Seasonal Availability

Fresh **New Zealand grown** vegetables

*When is your favourite vegetable in season?*



# Summer

# Autumn

# Winter

# Spring

DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER
	RED ONION										
ARTICHOKE		SHALLOTS								ARTICHOKE	
SWEETCORN				CELERIAC							
KAMO KAMO		ASPARAGUS								ASPARAGUS	
		SWEDE					FENNEL				
			COURGETTE		KOHLRABI						COURGETTE
PEAS				BRUSSELS SPROUTS							PEAS
				LEEKS							
				BEANS		YAMS					BEANS
	CHILLI PEPPERS										
		TURNIPS									
	BUTTERNUT & BUTTERCUP PUMPKIN										
MELONS				PARSNIP							

AVAILABLE ALL YEAR											
CAULIFLOWER	BROCCOLI	BOK CHOY	SPRING ONIONS	TOMATO	CELERY	DAIKON	EGGPLANT	KŪMARA	BETROOT		
CUCUMBER	SILVERBEET	CAPSICUM	TARO	GARLIC	ONION	LETTUCE	KALE	CHOKO	CARROTS		
CROWN PUMPKIN	WONG BOK	RADISH	GAI IAN	SPINACH	WATERCRESS	GREEN CABBAGE	WITLOOF	RED CABBAGE			