

# Vegetable classifications

Vegetables are classified according to which part of the plant is eaten. Some vegetables can be put into more than one category when several different parts of the plant are edible.

TYPE	DESCRIPTION	VARIETIES
ROOTS	A root vegetable is the root of the plant and is usually a long or round-shaped tap root.	carrot, parsnip, turnip, swede, radish, beetroot, Jerusalem artichoke, radish, celeriac
TUBERS	Vegetables which grow underground on the root of a plant. Tubers are usually high in starch.	potato, kumara, yam, taro, purple potato, earth gems
BULBS	Usually grow just below the surface of the ground and produce a fleshy, leafy shoot above ground.	garlic, onion, leek, shallot, spring onion, fennel
FLOWERS	The edible flowers of certain vegetables.	cauliflower, broccoli, broccolini, gaii laan (Chinese sprouting broccoli), broccoflower, globe artichoke
FRUITS	The fruits of vegetable plants are fleshy and contain seeds.	egg plant, capsicum, tomato, cucumber, pumpkin, squash, courgette, okra, choko, scallopini, melon
LEAVES	The edible leaves of plants.	spinach, Brussels sprout, witloof, puha, bok choy, cabbage, lettuce, watercress, salad greens/ mesclun, silver beet
STEMS	The edible stalks of plants when the stalk is the main part of the vegetable.	celery, asparagus, kohlrabi, rhubarb
SEEDS	Also known as legumes, seeds are usually obtained from pods. The pod is sometimes eaten along with the seed.	peas, beans, snow pea, broad beans, French beans, runner beans, snake beans, butter beans, sprouted beans/seeds
FUNGI	When referring to vegetables, fungi are commonly known as mushrooms.	button, brown, flats (Portabello), shiitake, oyster, truffle

## NZ GAP



In New Zealand we have an assurance programme known as New Zealand GAP which provides a traceable, accountable system from crop to customer. GAP stands for Good Agricultural Practice. This ensures the best practices have been employed in the production, packaging and distribution of your vegetables.

By meeting the standards required under New Zealand GAP, growers are able to demonstrate to their customers that their products are of a high quality, produced in a sustainable manner, and are safe to eat. In a nutshell, it means you can buy with confidence.

In addition, New Zealand GAP has been successfully benchmarked against international quality assurance programmes such as Global GAP, Global Food Safety Initiative and New Zealand and Australian supermarket programmes.

## fuelled4life

Fuelled4life is the new brand name for the Food and Beverage Classification System in schools and early childhood education (ECE) services. Fuelled4life is all about young people getting a great start to life through healthy eating. Food companies can now register their products with fuelled4life and a Buyers' Guide will be available to schools and ECE services in the new year. All fresh New Zealand vegetables are everyday foods.



Vegetables.co.nz is working with the fuelled4life team on a range of vegetable soups and salads suitable for canteens and ECE services to produce for children.



For more information go to: [www.fuelled4life.org.nz](http://www.fuelled4life.org.nz)



Health Authorities recommend we eat at least 5 servings of fruit and vegetables each day. Three of the servings should be vegetables. All fresh New Zealand grown vegetables are eligible for the Heart Foundation Tick.

For more great recipes with fresh New Zealand grown vegetables visit [www.vegetables.co.nz](http://www.vegetables.co.nz)

Horticulture New Zealand, PO Box 10232, Wellington 6143

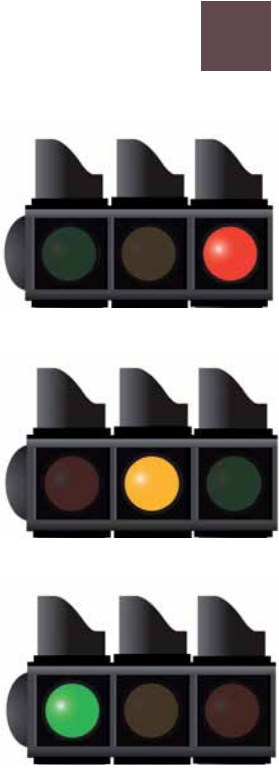


Fresh New Zealand  
grown vegetables  
Availability chart

For great tasty ideas and recipes visit [www.vegetables.co.nz](http://www.vegetables.co.nz)

# Go for green - support the New Zealand grower

## Vegetable Availability



**PLENTIFUL**

**SHORT SUPPLY**

**UNAVAILABLE**

**IMPORTED**

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Artichokes - globe	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Artichokes - Jerusalem	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Asian greens	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Asparagus	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Beans	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Beans - imported	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Beetroot	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Broccoli	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Broccolini - slender stems	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Brussels sprouts	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Brussels sprouts - imported	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Buttercup squash	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Butternut	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Cabbages	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Capsicums	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Carrots	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Cauliflower	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Celery	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Chillies	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Chokos	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Courgettes	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Courgettes - imported	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Cucumbers - short	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Cucumbers - telegraph	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Egg plant	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Fennel	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Garlic	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Garlic - imported	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Ginger - imported	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Herbs	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Kumara	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Leeks	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Lettuce - indoor	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Lettuce - outdoor	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Melons	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Mushrooms	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Okra	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Onions - brown	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Onions - red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Parsnips	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Peas	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Potatoes	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Puha	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Pumpkin	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Radishes	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Rhubarb	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Salad mixes - mesclun	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Silverbeet	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Snow peas	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Spinach	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Spring onions	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Sprouted beans and seeds	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Sweet corn	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Taro - imported	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Tomatoes	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Tomatoes - imported	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Turnips	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Watercress	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Writloof	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Yams	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green

Variations will occur in different growing regions and with weather conditions in a particular season.

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