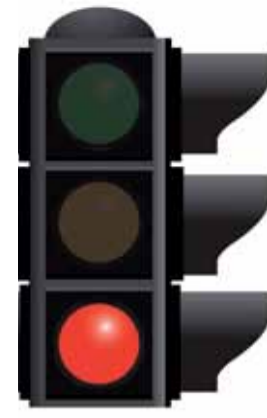
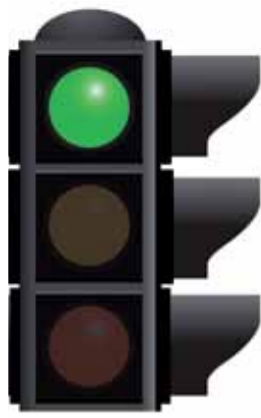


Go for green - support the New Zealand grower

Vegetable Availability



PLENTIFUL

SHORT SUPPLY

UNAVAILABLE

IMPORTED

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Artichokes - globe	Yellow	Red	Red	Red	Red	Red	Red	Red	Yellow	Green	Green	Green
Artichokes - Jerusalem	Red	Red	Red	Red	Red	Yellow	Yellow	Yellow	Yellow	Red	Red	Red
Asian greens	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Asparagus	Red	Red	Red	Red	Red	Red	Red	Red	Yellow	Green	Green	Green
Beans	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Beans - imported	Red	Red	Red	Red	Grey	Grey	Grey	Grey	Grey	Red	Red	Red
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	Red	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Red	Red	Red
Brussels sprouts - imported	Grey	Grey	Grey	Red	Red	Red	Red	Red	Red	Red	Red	Red
Buttercup squash	Green	Green	Green	Green	Green	Green	Red	Red	Red	Red	Red	Red
Butternut	Green	Green	Green	Green	Green	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow
Cabbages	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Capsicums	Green	Green	Green	Green	Green	Green	Green	Yellow	Yellow	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	Yellow	Yellow	Yellow	Yellow	Yellow
Chokos	Red	Red	Red	Yellow	Yellow	Yellow	Red	Red	Red	Red	Red	Red
Courgettes	Green	Green	Green	Green	Green	Yellow	Yellow	Yellow	Yellow	Green	Green	Green
Courgettes - imported	Red	Red	Red	Red	Grey	Grey	Grey	Grey	Grey	Red	Red	Red
Cucumbers - short	Green	Green	Green	Green	Yellow	Yellow	Yellow	Yellow	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	Red	Red	Red	Red
Garlic - imported	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey
Ginger - imported	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey
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	Grey	Grey	Grey	Grey	Grey	Green	Green	Green
Mushrooms	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Okra	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey
Onions - brown	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Onions - red	Green	Green	Green	Green	Green	Green	Green	Grey	Grey	Grey	Grey	Grey
Parsnips	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Peas	Green	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red
Potatoes	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Puha	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	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	Yellow	Yellow	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Yellow	Yellow
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	Grey	Grey	Grey	Grey	Grey	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
Swedes	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Yellow
Sweet corn	Green	Green	Green	Yellow	Red	Red	Red	Red	Red	Red	Red	Yellow
Taro - imported	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey
Tomatoes	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Tomatoes - imported	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey
Turnips	Yellow	Green	Green	Green	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Watercress	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Witloof	Red	Red	Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Red	Red
Yams	Red	Red	Red	Red	Yellow	Green	Green	Green	Green	Yellow	Red	Red

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

For great tasty ideas and recipes visit www.vegetables.co.nz