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PO Box 10232
Wellington






























*Fresh New Zealand
grown vegetables*






















*Seasonal
availability*



FRESH NEW ZEALAND GROWN VEGETABLES

Vegetable	When available *	Time of most plentiful supply
 Artichokes – globe	October – January	November – December
 Artichokes – Jerusalem	March – September	April – August
 Asian vegetables	All year	All year, depends on vegetable
 Asparagus	September – January	October – December
 Beans, broad	November – March	November – March
 Beans, green	November – April *	December – March
 Beetroot	All year	November – April
 Broccoli/broccolini	All year	All year
 Brussels sprouts	March – September *	March – September
 Butternut	All year	January – August
 Cabbage, green	All year	All year
 Cabbage, red	All year	April – August
 Capsicums (peppers)	All year	All year
 Carrots	All year – Spring October – January	All year
 Cauliflower	All year	All year
 Celeriac	All year	April – November
 Celery	All year	All year
 Chilli peppers	All year	January – April
 Chokos	April – June	May – June
 Courgettes/marrow	All year	October – April
 Cucumber	All year	All year
 Eggplant	All year	All year
 Fennel	All year	April – August
 Garlic	All year	All year
 Indian vegetables	February – April *	February – April
 Kale/cavolo nero	All year	All year
 Kohlrabi	May – August	May – August
 Kumara	All year – new season starts November	All year
Kumi kumi	December – April	December – April
Leeks	All year	March – October
Lettuces	All year	All year

Vegetable	When available *	Time of most plentiful supply
 Melons	January – March *	January – March
 Microgreens	All year	All year
 Onions – brown	All year – new season starts Nov	All year
 Onions – red	All year – new season starts Dec	December – August
 Parsnips	All year	April – December
 Peas	November – January	November – January
 Potatoes	All year – new season starts spring	All year
 Pumpkins	All year	January – November
 Radish/Daikon radish	All year	All year
 Rocket	All year	All year
 Rhubarb	All year	September – June
 Salad greens	All year	All year
 Shallots	February – April	February – April
 Silverbeet	All year	All year
 Snow peas	October – April *	October – April
 Spinach	All year	All year
 Spring onions	All year	All year
 Sprouted beans/seeds	All year	All year
 Squash, buttercup	December – July	December – June
 Squash, supermarket	June – November	June – November
 Swedes	All year	February – November
 Sweet corn	December – April *	January – March
 Tomatoes	All year	All year
 Turnips	All year	February – August
 Watercress	All year	May – December
 Witloof	All year	All year
 Yams	April – October	June – September

Please contact your supplier for regional/seasonal availability as variations in supply will occur depending on region, season and weather.

* Imported varieties may be available in different months

For more information visit

