





















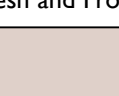






















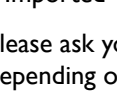



# New Zealand grown vegetables


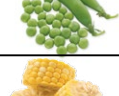
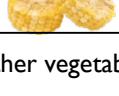
| Vegetable   | When available * | Time of most plentiful supply   |
|---|------------------|---------------------------------|
|  Artichokes – globe            | Oct – Jan        | Nov – Dec                       |
|  Artichokes – Jerusalem        | March – Sept     | April – August                  |
|  Asian vegetables              | All year         | All year depending on vegetable |
|  Beetroot                      | All year         | All year                        |
|  Broccoli/broccolini           | All year         | All year                        |
|  Brussels sprouts              | March – Sept *   | March – Sept                    |
|  Butternut                    | All year         | January – August                |
|  Cabbage, green, red, Peking | All year         | All year                        |
|  Capsicums                   | All year         | All year                        |
|  Carrots                     | All year         | All year                        |
|  Cauliflower                 | All year         | All year                        |
|  Celeriac                    | All year         | April – Nov                     |
|  Celery                      | All year         | All year                        |
|  Chilli peppers              | All year         | January – April                 |
|  Courgettes/marrow           | Oct – April      | October – April                 |
|  Cucumber                    | All year         | All year                        |
|  Eggplant                    | All year         | All year                        |
|  Fennel                      | All year         | April – August                  |
|  Garlic                      | All year         | All year                        |
|  Herbs                       | Some all year    | Nov – April                     |
|  Kale/cavolo nero            | All year         | All year                        |
|  Kohlrabi                    | All year         | Nov – August                    |
|  Kūmara                      | All year         | All year                        |
|  Kumi kumi                   | Dec – April      | Dec – April                     |

| Vegetable   | When available *    | Time of most plentiful supply |
|---|---------------------|-------------------------------|
|  Leeks                       | All year            | March – October               |
|  Lettuce                     | All year            | All year                      |
|  Melon                       | Jan – March *       | January – March               |
|  Onions – brown, red, spring | All year            | All year                      |
|  Parsnip                     | All year            | April – Dec                   |
|  Potatoes (must be cooked)   | All year            | All year                      |
|  Pumpkin                    | All year            | January – Nov                 |
|  Radish/Daikon radish      | All year            | All year                      |
|  Rhubarb                   | All year            | Sept – June                   |
|  Salad greens, microgreens | All year            | All year                      |
|  Shallots                  | Feb – April         | Feb – April                   |
|  Silverbeet                | All year            | All year                      |
|  Spinach                   | All year            | All year                      |
|  Sprouted beans and seeds  | All year            | All year                      |
|  Squash, buttercup         | Dec – July          | Dec – June                    |
|  Squash, supermarket       | June – Nov          | June – Nov                    |
|  Swede                     | All year            | Feb – Nov                     |
|  Taro (must be cooked)     | All year – imported | All year                      |
|  Tomatoes                  | All year            | All year                      |
|  Turnips                   | All year            | Feb – August                  |
|  Watercress                | All year            | May – Dec                     |
|  Witloof                   | All year            | All year                      |
|  Yams                      | April – October     | June – Sept                   |

\* Imported varieties may be available in different months.

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

## Fresh and Frozen

| Vegetable  | Fresh         | Frozen   |
|--|---------------|----------|
|  Beans      | Nov – April   | All year |
|  Peas       | Nov – January | All year |
|  Sweet corn | Dec – March   | All year |

Other vegetables may be available – look for the New Zealand grown label.

For more information visit [vegetables.co.nz](http://vegetables.co.nz)

