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

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

