

FRESH NEW ZEALAND GROWN VEGETABLES

BRASSICAS



BROCCOLI

Broccoli is Italian for 'little sprouts'. Sprouting broccoli, the most popular variety, is what is known as broccoli. It has a distinctive 'mustardy' taste and well-researched health benefits. It has dark bluish-green heads with firm stalks which snap easily.

Available all year.



CHINESE CABBAGE

There are many different varieties of Chinese cabbage grown in New Zealand, several of which are regularly available to retailers. White bok choy has thick, white, crisp and juicy stems and smooth round leaves similar to cabbage or silver beet. Shanghai bok choy has thick, green stems and similar leaves to white bok choy, but is smaller in size. Miniature bok choy leaves are used in some green salad mixes.

A selection of Asian greens are available all year.



CABBAGE

Many varieties of cabbage are grown in New Zealand; from red, green or white, with smooth crinkled leaves and round or oval in shape. Taste variations are subtle.

Available all year.



BRUSSELS SPROUTS

Brussels sprouts resemble miniature cabbages. Two main types of Brussels sprouts are grown in New Zealand, such as the Hybrid Ohakune Brussels Sprouts. Smaller hybrid sprouts with compact heads (about 30–45mm) have a higher mustard oil content and a slight piquancy. North Otago Brussels Sprouts are sweeter, slightly larger sprouts, 50–60mm, with looser leaves and come to the market later in the season.

Hybrids: Available Feb to Jun. North Otago: Available May to Oct.



BROCCOLINI

A natural cross between broccoli and Chinese broccoli (gai lan), it has long slender stems topped with small flowering buds that look like a cross between broccoli florets and asparagus tips.

Available all year.



FLOWERING CHINESE CABBAGE

Flowering Chinese cabbage is also known as choy sum or choy sum and has pale yellow flowers on long thin green stems with small dark green leaves. Use when the flowers are in bud, prepare and cook like broccoli.

Available all year.



PEKING CABBAGE

Peking cabbage has an elongated shape with crisp, juicy stalks and pale green, crisp leaves not unlike cos lettuce which form a heavy, compact head.

A selection of Asian greens are available all year.



CHINESE FLAT CABBAGE

Chinese flat cabbage, also known as tatsoi, is round, relatively flat like a plate, with a stronger flavour and slightly tougher texture than Chinese white cabbage. Chinese white cabbage is also known as bok choy, buk choy, pak choy and baak choy. Choose smaller cabbages with lots of young leaves clustered at the centre. Included in mesclun salad mixes.

A selection of Asian greens are available all year.



CABBAGE - RED

Hard, tightly packed and crisp with dark red crimson leaves, red cabbage is traditionally cooked longer than green cabbage. Lemon juice, wine or vinegar can be added to preserve the colour when cooked.

Available all year, most plentiful in autumn and winter.



CHINESE BROCCOLI

Chinese broccoli has long green stems (about 2cm in diameter and 20cm long), white flowers and green leaves which have a white haze. It has a very strong broccoli flavour so can be used instead of broccoli.

A selection of Asian greens are available all year.



CAULIFLOWER

Cauliflower means 'cabbage flower' in Latin and is a popular vegetable in New Zealand. Miniature cauliflowers are sometimes available.

Available all year.