

FRESH NEW ZEALAND-GROWN VEGETABLES

ROOTS AND TUBERS



BEETROOT

In New Zealand, normally the roots are eaten, and baby beetroot leaves are often found in salad mixes. Several varieties are available with varying shapes including a golden beet.

Available all year, most plentiful from November to April.



CARROTS

Carrots are most commonly orange, both standard and baby sized, however red, purple, yellow and white varieties are also available. Baby peeled carrots are actually larger carrots that are trimmed down to 'baby size'.

Available all year.



CELERIAC

Celeriac has a unique flavour and is popular in many cuisines, especially European, Asian and Indian.

The short stem and upper part of the roots grow into a creamy green round shape 10–15cm in diameter. The flesh is creamy white and firm.

Available February to September.



EARTH GEMS

These brightly coloured tubers range from yellow to magenta, pink, and even candy-striped.

They are very small in size, about 2–3cm in diameter with waxy skins.

Available June to October.



JERUSALEM ARTICHOKEs

These are tuber vegetables which look like knobby potatoes. They are a species of sunflower and are thought to be native of North America.

Available in the winter months.



KUMARA

Kumara is also known as sweet potato. There are three main varieties available in New Zealand. Owairaka Red has a red skin and creamy white flesh.

Gold Kumara or Toka Toka Gold, has a golden skin and flesh, and a sweeter taste than red. Orange Kumara or Beauregard has a rich orange flesh and is sweeter than both red and gold.

Available all year.



PARSNIPS

Parsnips have a delicate, sweet and slightly nutty flavour. Different parsnip varieties have very subtle taste variations and slightly different shapes.

Available all year, limited supply in summer.

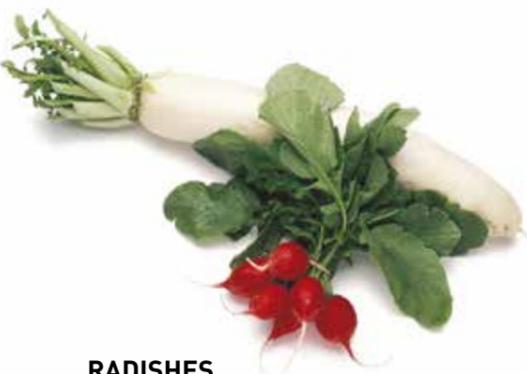


POTATOES

Different potato varieties exhibit varying textures when cooked. The flavour, shape, skin and flesh colour also varies.

Different varieties suit different end uses. About 10–12 varieties are predominant and readily available. In addition there are a lot of varieties that have limited and / or localised supplies.

Available all year round.



RADISHES

A radish is a swollen stem rather than a root, even though it grows underground. There are many varieties of radish that vary in size, shape, flavour and colour. Red radishes are either globe shaped or slightly cylindrical. The Daikon radish is also known as Japanese radish, giant radish, Chinese radish, lo baak, and lo bok. Daikon radishes are about 5cm in diameter and up to 40cm long.

Available all year.



SWEDES

Swedes are a hybrid between a turnip and a cabbage. They are also known as Swedish turnips or rutabaga. Swede flesh is yellow-orange and is sweeter than turnip. Although the leaves are eaten in many countries, it's the edible roots that are commercially available in New Zealand.

Available all year, sometimes limited supply in December and January.



TURNIPS

Turnip varieties vary in size and shape with roots generally being round or a flattened globe shape. Turnips have a delicate flavour and are best eaten when young.

Available February to August.



YAMS

These sweet tubers are quite small, often about the size of a thumb, are pink-orange in colour and have a slightly shiny and rubbed surface. Other sweeter, slightly smaller varieties are coloured yellow, apricot and golden.

Available May to October.