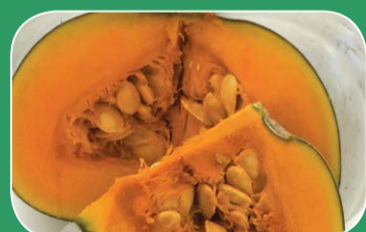


# Fresh New Zealand grown vegetables



People are increasingly concerned about the origin and safety of their food. They also expect responsible and sustainable farming practices; New Zealand GAP certifies producers that demonstrate their commitment and ability to meet these expectations.

GAP stands for Good Agricultural Practice and describes responsible practices inside the farm gate. It is the starting point in the supply chain for certified safe and sustainable fresh produce. GAP certified producers are audited by independent certification bodies.



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

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 depending 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, Chinese	All year	All year
Cabbage, green	All year	All year
Cabbage, red	All year	April – August
Capsicums (peppers)	All year	All year
Carrots	All year – Spring carrots 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	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 April	All year
Kumi kumi	December – April	December – April
Leeks	All year	March – October
Lettuces	All year	All year
Marrow	October – March	October – March
Melons	January – March *	January – March
Microgreens	All year	All year
Onions – brown	All year – new season starts December	All year
Onions – red	All year *	December – August
Parsnips	All year	April – December
Peas	November – January	November – January
Potatoes (must be cooked)	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 and 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
Taro (must be cooked)	All year – imported	All year – imported
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

\* Imported varieties may be available in different months

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

