



























































# FRESH NEW ZEALAND GROWN VEGETABLES

Vegetable	When available *	Time of most plentiful supply	Vegetable	When available *	Time of most plentiful supply
 Artichokes – globe	October – January	November – December	 Melons	January – March *	January – March
 Artichokes – Jerusalem	March – September	April – August	 Microgreens	All year	All year
 Asian vegetables	All year	All year, depends on vegetable	 Onions – brown	All year – new season starts Nov	All year
 Asparagus	September – January	October – December	 Onions – red	All year – new season starts Dec	December – August
 Beans, broad	November – March	November – March	 Parsnips	All year	April – December
 Beans, green	November – April *	December – March	 Peas	November – January	November – January
 Beetroot	All year	November – April	 Potatoes	All year – new season starts spring	All year
 Broccoli/broccolini	All year	All year	 Pumpkins	All year	January – November
 Brussels sprouts	March – September *	March – September	 Radish/Daikon radish	All year	All year
 Butternut	All year	January – August	 Rocket	All year	All year
 Cabbage, green	All year	All year	 Rhubarb	All year	September – June
 Cabbage, red	All year	April – August	 Salad greens	All year	All year
 Capsicums (peppers)	All year	All year	 Shallots	February – April	February – April
 Carrots	All year – Spring October – January	All year	 Silverbeet	All year	All year
 Cauliflower	All year	All year	 Snow peas	October – April *	October – April
 Celeriac	All year	April – November	 Spinach	All year	All year
 Celery	All year	All year	 Spring onions	All year	All year
 Chilli peppers	All year	January – April	 Sprouted beans/seeds	All year	All year
 Chokos	April – June	May – June	 Squash, buttercup	December – July	December – June
 Courgettes/marrow	All year	October – April	 Squash, supermarket	June – November	June – November
 Cucumber	All year	All year	 Swedes	All year	February – November
 Eggplant	All year	All year	 Sweet corn	December – April *	January – March
 Fennel	All year	April – August	 Tomatoes	All year	All year
 Garlic	All year	All year	 Turnips	All year	February – August
 Indian vegetables	February – April *	February – April	 Watercress	All year	May – December
 Kale/cavolo nero	All year	All year	 Widloof	All year	All year
 Kohlrabi	May – August	May – August	 Yams	April – October	June – September
 Kumara	All year – new season starts November	All year			
 Kumi kumi	December – April	December – April			
 Leeks	All year	March – October			
 Lettuces	All year	All year			

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

\* Imported varieties may be available in different months

For more information visit

