






## VEGETABLES

	<p><b><u>ARTICHOKES / Globe –</u></b></p> <ul style="list-style-type: none"> <li>- An immature flower head comprising of a bud with numerous overlapping bracts or scales</li> <li>- The edible part consists of the fleshy tender base of the young flowers and bracts, plus the receptacle bearing the flowers</li> <li>- The plant attains a height of 0.9-1.2m and width of up to 1.8m</li> <li>- A number of shoots grow from the crown, each shoot at first developing a basal rosette of leaves from which the stem emerges, the edible buds are produced on this elongated stem</li> <li>- The top dies down each season, but is renewed by offshoots from the parent crown, each new offshoot forming a rosette and flower stem</li> <li>- The bud is a deep green colour</li> <li>- The bud varies in size with a round, slightly elongated shape</li> <li>- Available: June to December</li> </ul>
	<p><b><u>ARTICHOKES / Globe- Baby –</u></b></p> <ul style="list-style-type: none"> <li>- A Baby Artichoke is not a separate variety. It's just a smaller, and a fully mature version of the traditional Artichoke.</li> <li>- Its petite size comes from being picked from the lower part of the plant, where Mother Nature has hidden these scrumptious, tiny treats.</li> <li>- Baby Artichokes are easy to prepare, cook and eat because they haven't developed the fuzzy portion of the choke in the centre.</li> <li>- <i>Tip:</i> To preserve the colour, immediately soak prepared Baby Artichokes in acidulated water (water with lemon juice or vinegar) until you are ready to cook with them to prevent browning caused by oxidation. (Optional)</li> <li>- Available: June to December</li> </ul>
	<p><b><u>ARTICHOKES / Jerusalem –</u></b></p> <ul style="list-style-type: none"> <li>- Belongs to the sunflower family</li> <li>- Grows to 2-2.5m tall and resembles an ordinary sunflower with miniature flowers</li> <li>- Tubers, which form among the roots, are the edible part of the plant</li> <li>- Nutty flavour</li> <li>- Available: June to December</li> </ul>
	<p><b><u>ASPARAGUS / Green-</u></b></p> <ul style="list-style-type: none"> <li>- Bright green, fleshy stalks or spears</li> <li>- 18 - 23cm in length</li> <li>- Part of the lily family</li> <li>- Form from a crown</li> <li>- Available: All Year</li> </ul>
	<p><b><u>ASPARAGUS / Green Baby –</u></b></p> <p>Baby Green are a young Asparagus picked in the early stages of development. They have a succulent, sweet, nutritious, tender flesh and are good for fresh salads.</p> <ul style="list-style-type: none"> <li>- Available: All Year</li> </ul>



#### **ASPARAGUS / Purple –**

- Originally from Italy and is also known as Violetta d'Albenga
- Spears tend to be larger than green asparagus, and they are a deep crimson/purple in colour
- The purple colour is due to a high anthocyanin content, so this asparagus is very good for you
- Has a sweeter, more tender taste than green asparagus
- Excellent in salads
- Keep cooking to a minimum as spears lose their purple colour if cooked too long
- Available: September to January



#### **ASPARAGUS / Sea –**

- Also known as samphire. This plant grows in salt water, imparting it with a salty flavour and crisp, crunchy texture. It is high in vitamin A, and a good source of calcium and iron.
- Samphire should be stored between 3° - 4° C (36° - 38° F). Optimum humidity - 90 to 98% Samphire is hand-picked and packaged.
- Look for crisp, firm, emerald green stalks with no signs of wilting or browning.
- Refrigerate (do not freeze) for up to 2 weeks.
- Available:



#### **ASPARAGUS / White –**

- Mainly from Victoria, White Asparagus is grown under cover in the absence of sunlight and therefore does not produce chlorophyll (the green pigment).
- Much the same as the Green Asparagus, it is favoured in gourmet cooking due to its sweeter flavour and prestige appearance.
- Available: October to December



#### **AVOCADO / Cocktail –**

- This baby avocado is entirely edible.
- Allow to ripen at room temperature until soft, and enjoy out of hand.
- The skin is very thin and there is no seed within.
- The flavour is like that of the larger, avocado.
- Enjoy sliced, or halved cocktail avocados on relish trays or serve with fresh salsa.
- An excellent garnish.



#### **AVOCADO / Fuerte –**

- The Fuerte avocado has dark green, glossy skin with pale raised spots. It is buttery in texture with a good flavour and has a medium sized stone.
- Available: April to August



#### **AVOCADO / Hass –**

- The Hass is one of the most popular varieties. It is smallish with a pebbly skin, which ripens to a purple/black colour. It contains a small stone and has dense, nutty, fibre free flesh. Keeps well.
- Available: June to February



#### **AVOCADO / Sharwill –**

- The Sharwill avocado has a rough green skin similar to the Fuerte. The medium-sized, oval fruit has a rich, creamy flavour and a small seed. Ideal for guacamole when ripe.
- Available: May to August



#### **AVOCADO / Reed –**

- A large, round fruit with a loose peel. It retains a firm texture even when ripe and is therefore ideal for salads but not a good choice for mashing into dips or guacamole.
- Available: August to December



#### **BEANS / Berlotti –**

- Similar shape to a regular green bean
- Cream/yellow pod with purple spots
- All year, peaking
- Available: February to August



#### **BEANS / Broad –**

- Pod is not eaten
- Bean inside is large and flat
- Available: June to November



#### **BEANS / Butter –**

- Similar shape to a regular green bean
- Cream/very pale yellow in colour
- Available: December to June



#### **BEANS / Flat –**

- Flat beans are similar to the well-known runner bean.
- They are flat, stringless green beans with a smooth skin.
- Available: All Year



#### **BEANS / French –**

- 15cm in length
- Flat pod with slightly ridged sides
- Available: All Year




#### **BEANS / Green –**


- Rounded pod
- 10 -15cm in length, 1cm in diameter
- Available: All Year





#### **Beans / Roman –**


- Roman beans are also known as Italian flat beans
- They are much longer than regular green beans; around 20 cm long, and are flat rather than round.
- They are crunchy and sweet


	<p><b><u>BEANS / Round –</u></b></p> <ul style="list-style-type: none"> <li>- Rounded pod</li> <li>- 10 -15cm in length, 1cm in diameter</li> <li>- Available: All Year</li> </ul>
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	<p><b><u>BEANS / Snake –</u></b></p> <ul style="list-style-type: none"> <li>- Similar shape to the regular green bean but extremely long, 30-50cm in length</li> <li>- Used in Asian cooking or for ornamental purposes</li> <li>- Available: February - April and August - October</li> </ul> <p>Young tender beans are usually cut into short lengths and stir fried. They cut into very thin slices and added to minced fish, red curry paste and kaffir lime leaves to form Thai fish cakes and also cooked in soups and curries. The long bean figures in Iraqi cuisine.</p>
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	<p><b><u>BEETROOT / Large Gold –</u></b></p> <ul style="list-style-type: none"> <li>- Milder in flavour than red beets</li> <li>- The good thing about gold beets is that they don't "bleed" like their red counterparts.</li> <li>- Truly gold and round, firm and smooth, the rich colour runs deep throughout this solid fresh vegetable.</li> <li>- The subtle but excellent flavour simply can't be beat.</li> <li>- Available: All Year</li> </ul>
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	<p><b><u>BEETROOT / Baby Gold –</u></b></p> <ul style="list-style-type: none"> <li>- Size can vary between say a twenty and fifty cent piece, and boasting generous seven inch rich green edible tops.</li> <li>- Baby gold bunch beets offer a flavour that is sweeter and milder than the common red beet</li> </ul>
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	<p><b><u>BEETROOT / Large Red –</u></b></p> <ul style="list-style-type: none"> <li>- Related to the silverbeet and sugarbeet</li> <li>- A spherical root crop tuber</li> <li>- Red/purple skin often streaked with white</li> <li>- Leafy stalks which may be used in the same way as silverbeet</li> <li>- Dark red/purple flesh which is crisp and juicy</li> <li>- Roots are 6-8cm in diameter.</li> <li>- Select beetroot with fresh stems and leaves, and smooth, firm roots.</li> </ul>
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	<p><b><u>BEETROOT / Bay Red –</u></b></p> <ul style="list-style-type: none"> <li>- Related to the silver beet and sugar beet</li> <li>- A spherical root crop tuber</li> <li>- Red/purple skin often streaked with white</li> <li>- Leafy stalks which may be used in the same way as silver beet</li> <li>- Dark red/purple flesh which is crisp and juicy</li> <li>- Roots are 6-8cm in diameter</li> <li>- Available: May to September</li> </ul>
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	<p><b><u>BOK CHOY –</u></b></p> <ul style="list-style-type: none"> <li>- Does not form a true head, but when harvested at its base forms a compact cluster of leaves</li> <li>- Sometimes described as a loose leaf Chinese cabbage</li> </ul>
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- Dark green, leafy vegetable with white ribs in the leaves
- Fleshy stalks vary from white to pale green.
- Select fresh looking bunches with clean, glossy leaves and healthy stems.



#### **BOK CHOY / Baby –**

- Baby bok choy's crunchy pale green leaves and stems are wonderfully sweet and taste similar to a delicately flavoured cabbage.
- Pleasing to the eye and palate, this attractive baby vegetable offers a very tender texture.



#### **BROCCOLI –**

- The plant forms a tight head of flowers
- Blue/green buds
- Thick, fleshy, green stalks
- Related to the cauliflower.
- Available: All Year



#### **BROCCOLI / Chinese –**

- Large, crisp, dark green leaves
- White stalks
- Small florets
- Does not look like western style broccoli.
- Select clean crisp leaves with compact florets.
- All parts of this vegetable can be eaten. Wash and snap florets and leaves from the stem. If the skin of the stem is tough, peel to reduce cooking time, slice as required.
- It is most commonly blanched or stir-fried. It is delicious served with oyster sauce.
- Available: All Year



#### **BROCCOLETTI –**

- Is a green vegetable resembling broccoli.
- Often mistakenly identified as young broccoli, it is actually a natural hybrid of the cabbage family Brassica oleracea, a cross between broccoli and Asparagus.
- It was developed in Japan.
- It is generally agreed that broccoletti has a sweeter flavour than broccoli.
- Most common cooking methods include sautéing, steaming, roasting, boiling or stir frying.
- The entire vegetable as sold, including the yellow flowers may be eaten.
- Nutritionally, it is high in vitamin C.



#### **BROCCOLINI –**

- Broccolini is an Australian horticultural development of a cross between broccoli and Japanese kale and is becoming an important export product for Australia.
- The taste is more intense than a normal broccoli however, is much easier to cook and eat.
- Available: All Year





#### **BRUSSEL SPROUTS –**

- Look like miniature cabbage
- Have been bred away from, the bitter flavour of old varieties
- 2cm in diameter
- Related to cabbages and cauliflower
- Plants grow between 1-1.4m in height
- Choose small, firm and compact heads of bright green colour.
- Available: March to September



#### **CABBAGE / Ballhead –**

- Solid head, round or oval in shape
- Closely compacted smooth leaves
- Green in colour
- Available: All Year



#### **CABBAGE / Chinese –**

- Light green/white leaves
- Tightly packed into an elongated head
- Similar in flavour to ordinary cabbage although, slightly sweeter.
- Select firm, heavy cabbage with unblemished, fresh, crisp leaves.
- Available: All Year



#### **CABBAGE / Red –**

- Smooth leaves
- Oval round head
- Red/purple leaves
- Available: All Year



#### **CABBAGE / Savoy –**

- Very crinkled leaves
- Loosely formed head
- Flattened appearance
- Yellow/green in colour
- Slightly sweet flavour
- Available: All Year



#### **CABBAGE / Tuscan –**

- Elongated crinkled dark green leaves with a prominent white mid-rib
- Sold as a bunch of leaves
- Has a mild cabbage flavour, but may be a bit astringent
- Can be eaten raw or used in cooking
- Especially good in soups like minestrone
- Very popular Italian vegetable, where it is called 'Cavolo Nero'
- Available: All Year



#### **CAPSICUM / Baby Belle - Green –**

- All of the Baby Bells start green and ripen to their true colours.
- A miniature version of large green capsicum



#### **CAPSICUM / Baby Belle - Red –**

- Left on the plant an extra 7-10 days longer than the green capsicum.
- A miniature version of large red capsicum



#### **CAPSICUM / Baby Belle - Yellow –**

- A miniature version of large yellow capsicum



#### **CAPSICUM / Gourmet Orange –**

- Also called 'paprika'
- Smaller than common red & green capsicums with 4 to 6 lobes
- About ½ to 2/3 the size of red & green capsicums
- Large curved stem is usually still attached to the fruit
- Orange or yellow in colour
- Used to add colour to salads
- Available: All year, more common November to March



#### **CAPSICUM / Gourmet Yellow –**

- Also called 'paprika'
- Smaller than common red & green capsicums with 4 to 6 lobes
- About ½ to 2/3 the size of red & green capsicums
- Large curved stem is usually still attached to the fruit
- Orange or yellow in colour
- Used to add colour to salads
- Available: All year, more common November to March



#### **CAPSICUM / Green –**

- Capsicums are roughly block shaped, with 4 lobes, and are about 12 cm long and 6 to 10 cm in diameter
- The stem end is indented and the stem is thick, curved and pale green. The skin is smooth and shiny
- Fruits are made up of thick fleshy walls that enclose hollow chambers that house the seeds.
- green capsicums are immature forms of the yellow and red & are harvested earlier
- Capsicums continue to ripen after harvest, but they have a long shelf life.
- Green capsicums tend to lose their vibrant colour when cooked for long periods, so are best suited to quick-cook recipes.
- Available: All Year



#### **CAPSICUM / Red –**

- Red capsicum are left on the plant an extra 7-10 days longer than the green capsicum.
- Red capsicums are more mature and taste sweeter, as capsicums become milder as they mature, unlike many chillies.
- Red capsicums are good served raw or cooked - use them in salads, as dippers, in stir-fries and in casseroles
- Available: All Year



### **CARDOONS –**

- This vegetable is a member of the thistle family and is a close relative of the globe artichoke, although it looks more like celery.
- Tenderness in the cultivated varieties is ensured through blanching, which involves tying the leaves together after they have attained maximum growth and storing them for some time before marketing.
- The main root, which is thick, fleshy and tender, is often boiled, then served cold in salad. It may also be sautéed in butter or served in Béchamel sauce.
- The stems may be treated like asparagus or celery, and the leaves, like spinach.



### **CARROTS –**

- Closely related to celery, parsnip and dill
- A root crop
- Bright orange root, green feathery leaves
- Tapering shape.
- Available: All Year



### **CARROTS / Dutch –**

- small carrots sold in bunches with leaves still attached
- about 5 to 8 cm long, tapered
- dirty orange in colour
- grown mostly in Victoria and NSW
- Available: All year; peak supplies: March to September



### **CAULIFLOWER –**

- Member of the cabbage family
- White solid flower heads
- Surrounded by green leaves
- Related to cabbage, broccoli and brussel sprouts.
- Select cauliflower with a clean, white head and firm, compact flower clusters. The leaves should not be wilted and the stalks should have a fresh appearance.
- Available: All Year



### **CELERIAC –**

- A variety of celery which forms an enlarged solid, edible tuber just below the soil surface
- Brownish white in colour
- Has a gnarled appearance
- Leaves and stalks are similar to celery although a little darker in colour.
- Available: March to September



### **CELERY –**

- Related to carrots, fennel, parsnips and parsley
- Has umbrella shaped flowers
- Long pale green stalks
- Darker green broad leaves
- 40-50cm in height.
- Available: All Year





### **CHICKORY LEAF –**

- Grown mainly for its long fleshy taproot
- Root chicory is a hardy perennial with a rosette of ragged leaves and tall stalks
- The outer leaves are green and have a bitter taste. Inner leaves are lighter in colour, even white, and have a mild taste



### **CHILLI / Bird's Eye –**

- Also known as "Thai Chilli"
- Thin chilli, tapering to a point
- 19 - 38mm in length and 8 - 15mm width at the shoulder
- Very hot!
- An old Asian variety, usage recorded back before the 1900's
- They are generally small green to bright red and fiery hot.
- Chilli's are thin fleshed with many seeds
- Easily dried with a lingering heat
- Available: All Year



### **CHILLI / Long Green -**

- A long slender green chilli, 6-8 cm long, pointed at one end. It has a medium flavour that is easily eaten by most people who are not use to chilli.



### **CHILLI / Long Red –**

- Similar in size and shape to the green chilli, but with more sting to its flavour. Good idea to mix the red and green chillies together in any dish.



### **CHOY SUM –**

- This is the most common of Asian greens.
- It is sold in bunches with smooth bright green stems and elongated leaves with clusters of yellow flowers.
- It needs only brief cooking to wilt the leaves and keep the stems firm but tender. Most commonly blanched and served with oyster sauce, it can also be stir-fried or sliced and added to soups.
- Available: All Year



### **CORN / Sweet –**

- Produced by the maize plant.
- Kernels are about the size of peas, and form rows around the white pithy cob.
- Cobs can contain anywhere from 200 to 400 kernels, and can be from 10–25 cm in length.
- Easy to cook - can be boiled, baked or barbecued.
- A good corn cob will have its wrapping leaves intact and should look fresh, green not spotted or damaged.
- Cobs should also be free of insects or disease.
- Sweet corn should be free of any off smell.
- Available: All Year



#### **CORN / Baby –**

- Baby corn is a cereal grain taken from specialized corn (maize) plants and harvested early, while the ears are very small and immature.
- Baby corn is available in white and yellow varieties and is usually three to four inches in length.
- Eaten whole, this unique darling tiny corn has a much milder flavour than mature corn.
- Yellow corn is considered to be the sweetest and most nutritious. Baby corn is merely immature sweet corn.



#### **CUCUMBER / Lebanese –**

- 10cm in length
- Sweetly flavoured
- Edible, green skin
- Available: All Year



#### **CUCUMBER / Telegraph –**

- Long and slender
- Ridged skin with a hook at the stem end
- Dark green skin
- Available: All Year



#### **EGG PLANT / Black Bell –**

- Closely related to tomato and capsicum
- Large pear shaped vegetable, averaging 20cm in length
- Glossy purple skin
- Firm white flesh
- Contains many fine seeds
- Green stem and leaves
- Botanically a fruit.
- Available: All Year



#### **EGG PLANT / Japanese –**

- These long eggplants are usually purple but may be pale green or white. When cooked, their dry, spongy flesh becomes moist and succulent. They can be stewed with meat, fried or grilled and served as a salad.
- Available: All Year



#### **EGG PLANT / Pea –**

- These pea-sized berries of the nightshade plant grow in clusters and have a slightly bitter taste. They are eaten raw with Thai shrimp and chilli pastes and added to Thai green and jungle curries.
- Available: All Year



#### **EGG PLANT / Purple –**

- Roughly the same size and shape as the regular eggplant, but reddish purple in colour
- Not as acidic as regular eggplants, so they taste better to many people
- Excellent in antipasto or in cooking, particularly grilled
- Available: All year; more common in spring and summer



#### **EGG PLANT / Rosa Bianca –**

- Creamy, mild flesh and lovely appearance.
- This Italian heirloom eggplant is well-filled, round to tear-drop-shaped fruit is white with soft lavender streaks outside, and inside flesh white and sweet with no trace of bitterness.
- Delicious for slicing, stuffing, or any eggplant use.



#### **EGG PLANT / Thai Round –**

- Grown in a variety of colours ranging from white through green to purple, these are widely used in Thai and Vietnamese cooking. They are eaten raw with shrimp paste or cut in pieces and added to curries. They are also pickled.
- Available: All Year



#### **FENNEL –**

- Related to parsley, carrots and dill
- Resembles celery, succulent, bulbous rootstalk
- Stems are round, shiny, dark blue/green
- Sunshine are fine, feathery and lime/dark green
- Delicate aniseed flavour and aroma.
- Choose fresh glossy stalks with fresh leaves and a firm plump bulb.



#### **FENNEL / Baby –**

- Related to parsley, carrots and dill
- Resembles celery
- Succulent, bulbous rootstalk
- Stems are round, shiny, dark blue/green
- Sunshine are fine, feathery and lime/dark green
- Delicate aniseed flavour and aroma

Essentially the same as a normal fennel but smaller. Particularly used in gourmet cooking due to its slightly richer flavour.

- Available: March to October



#### **FENNEL / Finger –**

- Fennel is a member of the parsley family.
- Both the bulbous base and the lovely leaves are edible.
- Finger fennel bulbs have a slightly sweet, anise flavour while the leaves have a much stronger taste.



#### **GALANGAL –**

- Galangal is an aromatic rhizome of the ginger family. It should be bought when pink and fresh. Used widely in South East Asia, it is an essential ingredient in Thai curry pastes and Tom Yam soups. It is used with fish in North Vietnam. To store, wrap in paper towel and keep in a plastic bag. Do not refrigerate as this causes it to blacken and become tough and hard to cut.
- Available: All Year



### **GARLIC –**

- Related to onion, shallots and chives
- The bulb at the base of a plant
- The mature garlic bulb is a group of small bulbs known as cloves
- Held together by 2-3 layers of papery skin.
- Available: All Year



### **GARLIC / Peeled –**

- Easy, convenient ready to use peeled garlic.
- Saves time & effort
- Available in 1kg bags



### **GARLIC / Single Clove –**

- Small round white skinned garlic bulbs with fewer cloves
- 'Soft-neck' type, that is the neck commonly falls off leaving a round scar
- Sweeter, milder taste
- Available: all year



### **GARLIC SHOOT –**

- Green shoot or the leaf of the garlic plant that, resembles a thick chive and has a mild garlic flavour.



### **GINGER –**

- A tropical grass plant related to Bamboo
- Root crop
- Pale yellow flesh
- Pungent spicy aroma
- Smooth brown/golden skin.
- Select plump, heavy, smooth roots free from soft spots and wrinkles.
- Available: All year




### **KALE –**

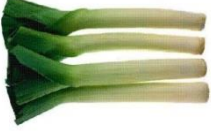
- Related to broccoli, cabbage and cauliflower
- Extremely crumpled and curled grey/blue/green leaves
- Does not form a head.
- Select fresh, crisp leaves, free from decay. Stalks should be straight and crisp with no signs of wilting or damage.
- Use finely chopped in winter soups and casseroles.
- Available: June to September





### **KOHLRABI –**


- A member of the cabbage family
- A turnip like bulb which grows just above ground level
- The swollen stem of the plant
- White, purple or light green in colour
- Leafy stalks which sprout blue/green leaves, which arise from the swollen stem
- Tender succulent flesh which is creamy/white.
- Select smooth, rounded bulbs 8-15cm in diameter. Avoid soft or wrinkled produce.


	<p><b><u>KOHLRABI / Green –</u></b></p> <ul style="list-style-type: none"> <li>- Relatively common compared to purple</li> <li>- Looks just like the purple variety but is white to pale green in colour</li> <li>- White flesh on the inside of the 'bulb'</li> <li>- Tennis ball sized: look for unblemished stems and leaves that are not wilted</li> <li>- Like a baked potato when cooked</li> <li>- Should be used within 3 days of purchase</li> <li>- Available: June to August</li> </ul>
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	<p><b><u>LEEKS –</u></b></p> <ul style="list-style-type: none"> <li>- Related to shallots, onions, garlic and chives</li> <li>- A long white stalk rather than a bulb</li> <li>- Dark green leaves · shallow roots</li> <li>- Can be stored in the fridge for up to a month</li> <li>- Will continue to grow (slowly) while in the fridge, but this is a sign of reduced quality</li> <li>- Best eaten within a week of purchase</li> <li>- Select clean, fresh stalks with very white stems. Avoid wilting or damaged leeks.</li> <li>- Available: All Year</li> </ul>
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	<p><b><u>LEEKS / Baby –</u></b></p> <ul style="list-style-type: none"> <li>- Similar in size to spring onions, baby leeks have broader, flatter leaves with a stiffer feel</li> <li>- Very onion-like in flavour</li> <li>- Usually harvested when the base is about 10 to 15 mm in diameter</li> <li>- Available: All Year</li> </ul>
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	<p><b><u>LETTUCE / Butter (Green) –</u></b></p> <ul style="list-style-type: none"> <li>- Good-quality butter lettuce will have fairly large, loose heads with thick leaves and even green colouring.</li> <li>- Scratch the stalk and smell. A sweet or bitter smell means sweet or bitter flavour.</li> <li>- <b>Avoid:</b> Avoid product with thin, wilted leaves and brown spots near the stalk end. Extremely solid, light-coloured heads mean all core and less taste.</li> <li>- Available: All Year</li> </ul>
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	<p><b><u>LETTUCE / Butter (Red) –</u></b></p> <ul style="list-style-type: none"> <li>- Type of butter, or Mignonette lettuce</li> <li>- Large brown/red leaves with soft edges is not frilled</li> <li>- Mild, buttery flavour</li> <li>- Good for kids that 'don't like their veggies'</li> <li>- Available: All Year</li> </ul>
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	<p><b><u>LETTUCE / Cavolo Nero –</u></b></p> <ul style="list-style-type: none"> <li>- Also known as Tuscan Cabbage</li> <li>- Elongated crinkled dark green leaves with a prominent white mid-rib</li> <li>- Sold as a bunch of leaves</li> <li>- Has a mild cabbage flavour, but may be a bit astringent</li> <li>- Can be eaten raw or used in cooking</li> <li>- Especially good in soups like minestrone</li> <li>- Very popular Italian vegetable</li> <li>- Available: All Year</li> </ul>
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#### **LETTUCE / Coral (Green) –**

- Green in colour with very frilled leaf edges
- Similar to green Frillice in looks
- Tightly compacted leaves in head
- Slightly bitter flavour
- Recommended with seafood
- Available: All Year



#### **LETTUCE / Coral (Red) –**

- Tightly curled crisp leaves
- Looks similar to Green Coral but dark red in colour with a light green stem
- Mild, slightly bitter flavour
- Available: All Year



#### **LETTUCE / Cos –**

- Named after the island of Cos in the Mediterranean, where it originated
- Upright, elongated head
- Crisp, spoon shaped leaves
- Strong flavour
- Higher nutrient levels than other lettuce because more sunlight is able to penetrate between the loosely overlapping leaves
- Varieties are Green, Red and Mini Cos
- Available: All Year



#### **LETTUCE / Cos - Baby –**

- Sold loose or as hearts (lettuce centres) in packs
- Rounded, slightly frilled green leaf
- Same flavour as mature Cos: crisp, sweet flavour
- Good in salads
- Available: All year



#### **LETTUCE / Frisee –**

- As the name suggests, frieze is a curly lettuce whose long tender leaves are joined to a short whitish stem, which somewhat resembles the base of the fennel plant
- It has a slightly peppery taste
- Look for nice green leaves with no yellowing
- If you plan to keep the lettuce for a few days, first rinse it in cold water and shake it before putting it in to the vegetable crisper, in a fairly large open bag or wrapped in a damp cloth.
- Frisee lettuce is fragile and will not tolerate freezing. Do not dress it until just before serving, since vinegar will make it wilt
- Available: All year



#### **LETTUCE / Iceberg –**

- Dark green leaves on the outside moving to very pale green leaves in the centre
- Compact firm head
- Quite heavy compared to other lettuce
- Crisp texture with a small core
- Cupped leaves hold their shape, so are often used to hold fillings (Vietnamese spiced meats, prawns, Chinese ground pork)
- Some varieties are Imperial, Yatesdale, Iceberg, Greendale, Pennlake and Target
- Available: All year



**LETTUCE / Mignonette (Green) –**

- Has a curly, small soft leaf with red edges.
- The leaves at the centre of this lettuce are pale green, but still tinged with the darker colour.
- Available: All year



**LETTUCE / Mignonette (Red) –**

- Very similar variety to Red Butter, but smaller
- Bronze/red, frilly decorative leaves with soft texture & a green stalk
- Mild buttery flavour
- Available: All year



**LETTUCE / Oak (Green) –**

- Leaves are branched and frilled at the edges, they look like a twisted oak leaf
- Green variety has a tightly packed head and very frilled leaf margins
- Milder taste than Red or Green Coral
- Available: All year



**LETTUCE / Oak (Red) –**

- Leaves are branched and frilled at the edges, they look like a twisted oak leaf
- Red variety has green stems and dark red leaves; colour varies from deep red to brown depending on season
- Milder taste than Red or Green Coral
- Available: All year



**LETTUCE / Radicchio –**

- Not a lettuce, but a member of the chicory family
- Leaves are more firm to the feel than lettuces
- Dark red or green varieties
- Red varieties have prominent white veins
- Slightly bitter taste
- Can be used fresh, grilled or fried
- Available: All year



**LETTUCE / Treviso –**


- A very old Italian radicchio variety and highly prized
- Thick white stems and veins with crimson/red leaves
- Leaves are redder in colour in autumn and winter
- Slightly bitter taste, milder than other radicchio varieties
- Good for salads and for cooking
- Available: All year




**LETTUCE / Witlof (White) –**


- Related to the lettuce, endive, artichoke and radicchio
- Narrow, elongated bulbous clusters of leaves
- 15cm in height
- 5cm in diameter
- White base with buttery/yellow outer edge on the leaves
- Firm, tightly formed head or spear
- Available: All year


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	<p><b><u>LETTUCE / Witlof (Red) –</u></b></p> <ul style="list-style-type: none"> <li>- Related to the lettuce, endive, artichoke and radicchio</li> <li>- Narrow, elongated bulbous clusters of leaves</li> <li>- 15cm in height</li> <li>- 5cm in diameter.</li> <li>- A cross breed with white witlof and radicchio</li> <li>- Red pigment in the outer edge of the leaves</li> <li>- Available: All year</li> </ul>
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	<p><b><u>LOTUS ROOT –</u></b></p> <p>The rhizome of the royal lotus, it is sold in joined links, looking a little like sausages. It has a sweet taste and crisp texture, which is maintained when cooked. The rhizome has hollow areas so that when it is sliced, it reveals a lace like pattern. Lotus roots are generally blanched to avoid discolouration before being stir-fried, steamed, braised or sautéed. When eaten raw, they provide a somewhat fibrous texture. They can also be candied like the seeds of the same plant.</p> <ul style="list-style-type: none"> <li>- Available: All year</li> </ul>
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	<p><b><u>MUSHROOMS / Black &amp; White Fungi –</u></b></p> <ul style="list-style-type: none"> <li>- Primarily to add a special texture to Asian dishes, and are available dried (and very occasionally fresh) from Asian and gourmet food shops. Soak dried fungi for 15-30 minutes to reconstitute, then cook quickly to retain crunch.</li> </ul>
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	<p><b><u>MUSHROOMS / Buttons or Cups–</u></b></p> <ul style="list-style-type: none"> <li>- Each refers to a stage of growth of the regular cultivated mushroom.</li> <li>- Buttons are small unopened mushrooms and are normally sold for a higher price.</li> <li>- Available: All year</li> </ul>
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	<p><b><u>MUSHROOMS / Chestnut –</u></b></p> <ul style="list-style-type: none"> <li>- Small rounded brown caps with a thick white curved stem</li> <li>- Also called Kuritake, Cinnamon cap or Brick Top</li> <li>- Good for stir fries</li> <li>- Available: All year</li> </ul>
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	<p><b><u>MUSHROOMS / Enoki –</u></b></p> <ul style="list-style-type: none"> <li>- Also known as Enok, Enokidake, Enokitake, Golden Needle, Golden, Snow Puff, Velvet Foot, Velvet Stem and Winter mushrooms. These delicate, slender mushrooms have tiny button caps and long, thread-like stems and grow in clusters. They are creamy white in colour, with a mild, fruity flavour and a crunchy texture when eaten raw.</li> <li>- Select firm, cream –coloured enoki mushrooms that are dry at the stem end. Best enjoyed raw in salads or sandwiches or used in soups, clear broths, stir-fries and Japanese dishes such as sukiyaki and shabu shabu.</li> </ul>
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- They are sold in clumps – separate and trim the base before using the stems and caps.
- Golden Enoki are also available
- Available: All year



#### **MUSHROOMS / Flat or Field –**

- Each refers to a stage of growth of the regular cultivated mushroom.
- Flats are harvested when the mushroom cap is expanded fully so that all the gills are visible.
- Available: All year



#### **MUSHROOMS / King Brown –**

King Brown mushroom is a new species now being cultivated in Australia. This mushroom also known as Eryngii the King Trumpet mushroom is one of the largest species of the genus Pleurotus. This is a superior mushroom by any comparison – it has a long shelf life and offers a superior flavour and texture when compared to other species of oyster mushrooms. It is called the “King” because of its regal stout form, short gills and thick but tender light beige to tan stem. The stem is as flavoursome as the cap. The texture and flavour make this a most versatile mushroom for use in almost any dish, sautéed, stir-fried, deep fried or served with fish, pasta, or white meat.



#### **MUSHROOMS / Nameko –**

- originate in Japan, and are now beginning to appear fresh in Australia. Nameko mushrooms have a light flavour and an unusual gelatinous texture. Most often served in miso soup.



#### **MUSHROOMS / Oyster –**

Also known as Pleurotus, Tree Oyster, Pleurotte and Pleurote mushrooms. Oyster mushrooms have a fluted, oyster-shell shape and soft texture. The flavour is delicate and subtle, and the flesh succulent. They are versatile, and rapidly absorb other flavours during cooking.

Oyster mushrooms are best cooked quickly, and team well with seafood, chicken, veal and noodles.

- Fan or shell shaped mushroom
- Grey/brown colour
- Grown on a vertical bed to simulate natural growth habits.
- Pink/light brown gills on the underside
- Fleshier and meatier than regular oyster mushroom
- Grey tinge to flesh
- Chewy texture
- Available: All year



#### **MUSHROOMS / Oyster (Pink) –**

- Fan or shell shaped mushroom
- Pink/red colour
- Grown on a vertical bed to simulate natural growth habits.
- Pink gills on the underside
- Chewy texture
- Available: All year



#### **MUSHROOMS / Oyster (Yellow) –**

- Fan or shell shaped mushroom
- Yellow colour
- Grown on a vertical bed to simulate natural growth habits.
- Pink gills on the underside
- Chewy texture
- Available: All year



#### **MUSHROOMS / Portabello –**

Also known as Portabella, Portabello or Giant Cremini mushrooms are a larger “flat” version of the Swiss Brown. The larger size, deeper flavour and dense meaty texture make them ideal for grilling or roasting. Great on the barbecue, or as part of a meatless burger.

- Available: All year



#### **MUSHROOMS / Shiitake –**

Also known as the Oak, Brown Oak, Chinese Black, Black Winter, Oriental Black, golden Oak, Forrest, Donko, Shiang Ku or Black Forest Mushroom. Originating from Japan, where they are known as “the King of Mushrooms”, they have a broad, umbrella-shaped cap with tan gills.

The flavour is rich and “woody”, with a meaty texture and a distinctive aroma. Best used cooked. Remove the hard, woody stem before cooking – use these discarded stems to flavour a soup or stock. Ideal for braises, stir fries, soups and sauces – or simply tossed on the barbecue.

- Available: All year



#### **MUSHROOMS / Shemiji –**

Also known as Pioppini, Beech, Hon-Shimeji or Honshimeji mushrooms. A Japanese variety found growing on trees in the wild, shimeji have only been cultivated for a limited time, and are even newer to the Australian market as a fresh mushroom.

Their colour ranges from woody brown to tawny white, becoming paler as it matures. Shimeji have a delicate, sweet flesh with a nutty flavour, and are suitable for stir frying and pan frying. They grow, and are sold, in clumps, and must be separated from the base before using.

- Available: All year



#### **MUSHROOMS / Swiss Brown –**

Also known as Cremini, Crimini, Honey Brown, Italian Brown, Italian mushroom, Roman Brown and Brown mushrooms. These flavoursome mushrooms are closely related to white Agaricus mushrooms, and are similar in shape with a tan to dark brown colour. The flavour is deeper and earthier than white mushrooms, and their firm flesh means Swiss browns hold their shape well when cooked. Excellent for pasta sauces, risotto and casseroles, or marinate and add to an antipasto platter.

- Available: All year



#### **MUSHROOMS / Wild Pine –**

- Grow happily under Pinus radiata, hence the name
- Also called Saffron Milk Caps
- Large light brown caps with a short stalk
- Usually collected from the wild
- Available: Autumn – Early Winter





#### **MUSHROOMS / Wood Ear –**

- Also called Black Velvet
- Brown to black small frilly mushroom that is shaped like an ear
- Good in Asian cuisine
- Available: All year



#### **OKRA –**

- A green ridged pod
- 5-10cm long
- Pointed at one end
- Related to the flowering Hibiscus
- Select smooth firm pods with brilliant emerald green colour no more than 10cm long.



#### **ONIONS / Brown –**

- The bulb of a plant which has green leaves curled up inside each other and shallow roots
- Globe shaped
- Papery skin.
- Look for hard, bright, clean, well shaped onions which are dry and have small necks. No green shoots or soft spots.
- Available: All year



#### **ONIONS / Eschallots –**

- The name of the eschallot derives from the name of the city of Ashkelon (Latin "Ascalon") in ancient Canaan, in Italian its name is "scalogno".
- Unlike onions where each plant normally forms a single bulb, eschallots form clusters of offsets, rather in the manner of garlic.
- Their flavour is perhaps more delicate than that of onions, perhaps more intense.
- Available: All year



#### **ONIONS / Eschallots (Peeled) –**

- The name of the eschallot derives from the name of the city of Ashkelon (Latin "Ascalon") in ancient Canaan, in Italian its name is "scalogno".
- Unlike onions where each plant normally forms a single bulb, eschallots form clusters of offsets, rather in the manner of garlic.
- Their flavour is perhaps more delicate than that of onions, perhaps more intense.
- Available: All year



#### **ONIONS / Pearl –**

- Encased in a very thin white wrapper, dainty white pearl onions are usually 2 – 2.5 cm in diameter.
- Their delicious crisp texture offers an initial sweetness but leaves a delicious sharp lingering aftertaste.
- Cooked pearl onions offer a succulent crunchy bite.
- Available: All year



#### **ONIONS / Peeled –**

- Convenient, ready peeled onions.
- Save time and effort
- Available in 10kg bags



#### **ONIONS / Pickling –**

- We're small onions with thin, papery covering on our bulb. We're either white or brown and are used for pickling.
- Available: All year



#### **ONIONS / Sliced –**

- Convenient, ready sliced onions.
- Save time and effort
- Available in 5 & 10kg bags



#### **ONIONS / Shallots –**

- Also called spring onions or scallions
- A member of the onion family
- Basically an immature onion
- Long slender dark green stalks
- Small white bulb at base
- Fine cream/white roots at the base
- Select medium length spring onion with fresh dark green stalks and subtle bulbs.
- Available: All year



#### **ONIONS / Spanish –**

- Also known as red onions.
- They are slightly sweet-tasting dry onions vary in colour from red to purplish-red.
- The bulb of a red onion is formed from tightly packed leaves at the base of the plant.
- Select firm onions with dry, papery skin and without any shoots.
- Store in a cool, dark, well-ventilated place for up to two months. Don't store onions in the fridge.
- Red onions contain a fair amount of vitamin C and are said to be good for the heart. One cup has about 36 calories.
- Available: All year



#### **ONIONS / Spring –**

- Producing a round smooth white bulb with an attached rich green stem.
- Spring onions are loved for their pristine quality, great onion taste and their full-flavoured young stems.
- Available: All year

#### **PARSNIPS –**

- Related to carrot, celery and parsley
- A tapered root similar to carrot
- Cream/white skin and flesh



- Leafy top.
- Select firm, well shaped parsnips with smooth skin and no signs of softness.
- Parsnips should be free of untidy roots, with small to medium sized parsnips being the best quality.



#### **PEAS –**

- Develop in a pod which is 5-7cm long
- Used only for the spherical seed
- Sweet, juicy flavour
- Bright green colour
- 8-10mm in diameter



#### **PEAS / Snow –**

- Completely flat pod
- Bright green in colour
- No seed development
- Pod and pea is eaten whole
- Select young, tender pods with good green colour.



#### **PEAS / Sugar Snap –**

- Like a normal green pea pod in appearance
- A pea pod which snaps or breaks like a green bean
- Seeds are allowed to mature and become fully rounded pods have thick walls and are sweet and edible, except for the strings
- Pod and pea is eaten whole
- Select young, tender pods with good green colour.










#### **PEPPERS / Bullhorn ( Green) –**



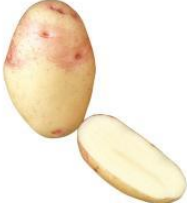




- Sometimes called banana peppers.
- A variety of sweet pepper from Italy.
- Smooth, thick-walled fruit is 6 to 8 inches long and about 2 inches wide at the shoulder, then tapering to a blunt point.
- The peppers are sweet when still green
- They are popular for roasting or grilling, but are equally good eaten fresh in salads.
- Look for unwrinkled shiny capsicums with well attached caps.
- Avoid those with broken skins.









#### **PEPPERS / Bullhorn (Red) –**

- Sometimes called banana peppers.
- A variety of sweet pepper from Italy.
- Mild and sweet in flavour.
- More flavour than the common capsicum.
- Shape is longer, tapered thinner in diameter compared to the common capsicum.
- Flesh has moderately thick walls.
- Look for unwrinkled shiny capsicums with well attached caps.
- Avoid those with broken skins.


	<p><b><u>PEPPERS / Bullhorn ( Yellow) –</u></b></p> <ul style="list-style-type: none"> <li>- Sometimes called banana peppers.</li> <li>- A variety of sweet pepper from Italy.</li> <li>- Large, elongated, pointed-tip pepper, which turns yellow when ripe, 6 inches or more in length.</li> <li>- The flesh is medium-thick and deliciously sweet.</li> <li>- Delicious fresh in salads, but more often are sautéed or grilled</li> </ul>
	<p><b><u>POTATOES / Bintje –</u></b></p> <ul style="list-style-type: none"> <li>- A Dutch potato from 1910</li> <li>- An oblong cream skinned potato with light yellow flesh</li> <li>- Distinctive flavour for baking, mash, roasting or making fries.</li> </ul>
	<p><b><u>POTATOES / Brushed –</u></b></p> <ul style="list-style-type: none"> <li>- A Sebago potato, good for all cooking purposes, especially baking &amp; frying.</li> <li>- Sebago is the major variety for both washed And brushed potatoes.</li> <li>- Originating in the USA, it is now widely grown in Australia.</li> <li>- Available: All Year</li> </ul>
	<p><b><u>POTATOES / Chats –</u></b></p> <ul style="list-style-type: none"> <li>- Not a variety but a size.</li> <li>- Chat comprise of washed small round potatoes 2-3cm in diameter.</li> <li>- White skin &amp; flesh, weighing up to 70 grams.</li> <li>- Select potatoes with firm, dry skin.</li> <li>- Available: All Year</li> </ul>
	<p><b><u>POTATOES / Charlotte –</u></b></p> <ul style="list-style-type: none"> <li>- Pear shaped yellow skinned waxy tubers and creamy yellow flesh of first class flavour, either hot or cold.</li> <li>- Charlotte potatoes are oval to long oval, with light yellow skin and yellow flesh, the skin texture is smooth with shallow eyes and firm texture when cooked.</li> <li>- This is a specialty salad potato variety. Around 50% bigger than most other salad potatoes</li> <li>- This variety is excellent for boiling and salad use including making delicious potato salad!</li> </ul>
	<p><b><u>POTATOES / Cocktail –</u></b></p> <ul style="list-style-type: none"> <li>- Not a variety but a size - minimum weight 70g.</li> <li>- White skin &amp; flesh, washed, medium sized.</li> <li>- Select potatoes with firm, dry skin.</li> <li>- Available: All Year</li> </ul>
	<p><b><u>POTATOES / Coliban –</u></b></p> <ul style="list-style-type: none"> <li>- Round, with shallow eyes and a white, bright skin which sometimes has a blue blush at the rose end.</li> <li>- It has a white flesh of good texture and flavour and shows little discolouration after cooking</li> <li>- It is easy to mash and bakes well &amp; can be used for processing into French fries.</li> <li>- Coliban is not suitable for commercial use in soups and salads.</li> </ul>

	<p><b><u>POTATOES / Desiree –</u></b></p> <ul style="list-style-type: none"> <li>- Oval-shaped pink - red skinned.</li> <li>- Pale creamy - yellow flesh providing firm texture &amp; good flavour.</li> <li>- Good for roasting, chipping &amp; mashing.</li> <li>- Select potatoes with firm, dry skin.</li> <li>- Available: All Year</li> </ul>
	<p><b><u>POTATOES / Dutch Cream –</u></b></p> <ul style="list-style-type: none"> <li>- An extremely popular variety</li> <li>- Suitable for baking, mashing, steaming or roasting</li> <li>- They don't need cream and butter - just a little salt.</li> </ul>
	<p><b><u>POTATOES / King Edward –</u></b></p> <ul style="list-style-type: none"> <li>- Predominately white skinned with pink colouration.</li> <li>- It is mostly oval in shape with a floury texture and shallow eyes</li> <li>- Renowned for its light fluffy texture, for this reason it is particularly suitable for Roasting and Baking although it is also suitable for Chipping, Sauté and Steaming.</li> <li>- It has been specially identified as being the best potato with which to make gnocchi</li> </ul>
	<p><b><u>POTATOES / Kipfler –</u></b></p> <ul style="list-style-type: none"> <li>- Originating in the 1970's</li> <li>- German in origin, it's a long, oval potato with a yellow skin and flesh and a really nutty taste.</li> <li>- A waxy potato</li> <li>- Great boiled, steamed and in potato salads and for presentation purposes.</li> </ul>
	<p><b><u>POTATOES / New Washed –</u></b></p> <ul style="list-style-type: none"> <li>- New potatoes have thin, wispy skins and a crisp, waxy texture.</li> <li>- They are young potatoes and unlike their fully grown counterparts, they keep their shape once cooked and cut.</li> <li>- They are also sweeter because their sugar has not yet converted into starch, and are therefore particularly suited to salads.</li> </ul>
	<p><b><u>POTATOES / Nicola –</u></b></p> <ul style="list-style-type: none"> <li>- A small to medium, round to oval-shaped potato with a beige-yellow skin and yellow flesh.</li> <li>- Good all-purpose potato but especially good for boiling, mashing, gnocchi and microwaving.</li> <li>- It has a very buttery flavour</li> </ul>
	<p><b><u>POTATOES / Pink Eye –</u></b></p> <ul style="list-style-type: none"> <li>- A cold climate potato, so those from Southern Tasmania are usually the best.</li> <li>- A very nutty flavour.</li> <li>- Good for roasting, boiling and salads.</li> </ul>





	<p><b><u>POTATOES / Pink Fir Apple –</u></b></p> <ul style="list-style-type: none"> <li>- First recorded in 1850 in France.</li> <li>- Cigar shaped with lovely soft pink skin and firm, waxy, creamy-white flesh.</li> <li>- Best cooked with the skin on.</li> <li>- Great for boiling, roasting, microwaving and in salads.</li> </ul>
	<p><b><u>POTATOES / Pontiac –</u></b></p> <ul style="list-style-type: none"> <li>- A mid season variety with a bright red thin skin (which is difficult to peel due to our deep eyes).</li> <li>- Roundish in shape with a moist, white flesh, and deep set eyes, when boiled the consistency is slightly soapy.</li> <li>- Suitable for boiling, chipping and baking and for salads as we don't darken after cooking</li> <li>- Select potatoes with firm, dry skin.</li> <li>- Available: All Year</li> </ul>
	<p><b><u>POTATOES / Purple Congo –</u></b></p> <ul style="list-style-type: none"> <li>- Originating from Peru</li> <li>- Small potato with distinctive purple / black skin.</li> <li>- Flesh is dark purple with light purple spotting.</li> <li>- Can be rather dry - best if baked, boiled or served with a sauce.</li> <li>- Select potatoes with firm, dry skin.</li> <li>- Available: All Year</li> </ul>
	<p><b><u>POTATOES / Royal Blue –</u></b></p> <ul style="list-style-type: none"> <li>- Long oval shaped.</li> <li>- Good all round great tasting potato.</li> <li>- Purple coloured skin with yellow flesh.</li> <li>- Select potatoes with firm, dry skin.</li> <li>- Available: February to August</li> </ul>
	<p><b><u>POTATOES / Russet ( Burbank) –</u></b></p> <ul style="list-style-type: none"> <li>- Also known as the Idaho potato</li> <li>- A long, large potato with a rough brown skin and white flesh.</li> <li>- Excellent for making chips and for boiling, baking and roasting.</li> </ul>
	<p><b><u>POTATOES / Spunta –</u></b></p> <ul style="list-style-type: none"> <li>- Originated in Holland</li> <li>- A medium to large, elongated potato.</li> <li>- It has creamy coloured skin and yellow flesh.</li> <li>- Most suitable for baking, frying and dishes which call for finely sliced potatoes, such as gratins.</li> <li>- It makes the most delicious roast potatoes, mashes to a smooth creamy texture and crispy on the outside – fluffy on the inside wedges.</li> <li>- And it's easy to peel!</li> </ul>
	<p><b><u>PUMPKIN / Butternut –</u></b></p> <ul style="list-style-type: none"> <li>- Hard, thick skinned and filled with seeds.</li> <li>- Can range in size from 20 to 30 cm long, and about 7 to 13 cm wide, weighing up to 1.5kg.</li> <li>- Colour ranges from a yellow to a light tan.</li> <li>- Flesh is orange and has a sweet flavour.</li> <li>- Select pumpkins which are free of blemishes which feel heavy for their size.</li> <li>- Smaller pumpkins contain more flesh and are best for eating</li> </ul>


	<ul style="list-style-type: none"> <li>- Available: All Year</li> </ul>
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	<p><b><u>PUMPKIN / Golden Nugget –</u></b></p> <ul style="list-style-type: none"> <li>- Deep orange skin colour and flesh.</li> <li>- Firm Texture with a nutty flavour.</li> <li>- Select pumpkins which are free of blemishes which feel heavy for their size.</li> <li>- Smaller pumpkins contain more flesh and are best for eating.</li> <li>- Available: All Year</li> </ul>
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	<p><b><u>PUMPKIN / Japanese / Kent –</u></b></p> <ul style="list-style-type: none"> <li>- When fully ripened, the Japanese/Kent Pumpkin will have reddish-yellow flesh and a hard skin with a dry, corky stem.</li> <li>- Peak ripeness is reached about 1.5-3 months after it's harvested.</li> <li>- Mottled green and yellow skin and squat shape.</li> <li>- Is very popular due to its sweet flavour.</li> <li>- It is also reasonably easy to peel.</li> <li>- Roasting enhances its sweetness.</li> <li>- Select pumpkins which are free of blemishes which feel heavy for their size.</li> <li>- Smaller pumpkins contain more flesh and are best for eating.</li> <li>- Available: All Year</li> </ul>
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	<p><b><u>PUMPKIN / Jarradale –</u></b></p> <ul style="list-style-type: none"> <li>- Very deep orange flesh</li> <li>- Mainly used for baking as it is not well suited for boiling</li> <li>- Select pumpkins which are free of blemishes which feel heavy for their size</li> <li>- Smaller pumpkins contain more flesh and are best for eating</li> <li>- Available: All Year</li> </ul>
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	<p><b><u>PUMPKIN / Queensland Blue –</u></b></p> <ul style="list-style-type: none"> <li>- A large pumpkin that is drier than some mother types.</li> <li>- Ideal for baking and baking</li> <li>- Select pumpkins which are free of blemishes which feel heavy for their size.</li> <li>- Smaller pumpkins contain more flesh and are best for eating.</li> <li>- Available: All Year</li> </ul>
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	<p><b><u>RADISH / Horse –</u></b></p> <ul style="list-style-type: none"> <li>- Horseradish is a member of the mustard family.</li> <li>- Freshly grated horseradish root can be used much like garlic or fresh ginger as a wonderful piquant addition to a variety of sauces, dressings and marinades, but it is highly perishable.</li> <li>- The root darkens and loses pungency shortly after grating if left dry, uncovered, and unrefrigerated.</li> <li>- The "hotness" from horseradish comes from isothiocyanate, a volatile compound that, when oxidized by air and saliva, generates the "heat" that some people claim clears out their sinuses.</li> <li>- Horseradish dates back 3,000 years and has been used as an aphrodisiac, a treatment for tuberculosis, a rub for low back pain, a bitter herb for Passover and an accompaniment for corned beef, chicken and seafood.</li> </ul>
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	<p><b><u>RADISH / Red –</u></b></p> <ul style="list-style-type: none"> <li>- The most common variety the red (summer) radish can also be red/white in colour.</li> <li>- The bulb of the radish is usually eaten raw, tougher ones are usually steamed.</li> <li>- When eaten raw the flesh has a crisp texture but also a strong peppery flavour.</li> <li>- The winter varieties are better if they are large and mature.</li> <li>- Avoid oversized summer radishes as they are usually tough, woody and strong in flavour.</li> <li>- Available: All Year</li> </ul>
	<p><b><u>RADISH / Red (Baby) –</u></b></p> <ul style="list-style-type: none"> <li>- A miniature version of the red radish.</li> <li>- They add a splash of colour and crunch to salads and give them a slightly spicy flavour.</li> </ul>
	<p><b><u>RADISH / White –</u></b></p> <ul style="list-style-type: none"> <li>- A long, cylindrical root vegetable.</li> <li>- Also known as Dikon</li> <li>- 40cm in length.</li> <li>- White in colour.</li> <li>- Short green stems and leaves grow from the root.</li> <li>- The winter varieties are better if they are large and mature.</li> <li>- Avoid oversized summer radishes as they are usually tough, woody and strong in flavour.</li> <li>- Available: All Year</li> </ul>
	<p><b><u>RAPINI –</u></b></p> <ul style="list-style-type: none"> <li>- Also called Broccoli de Rabe, Rapa or rape.</li> <li>- Rapini has a unique flavour that is a favourite in Italian and Chinese cooking.</li> <li>- The blossoms, leaves and stalks of the rapini are all edible, and feature identical taste levels.</li> <li>- Rapini is similar to, but much bitterer than Chinese broccoli.</li> <li>- It has many spiky leaves that surround a green bud which looks very similar to a small head of broccoli.</li> <li>- The flavour of rapini has been described as nutty, bitter, pungent, and 'an acquired taste'. Italians are very fond of rapini.</li> </ul>
	<p><b><u>RHUBARB –</u></b></p> <ul style="list-style-type: none"> <li>- A stalk vegetable with triangular leaf blades that are elevated on long, fleshy stalks.</li> <li>- The stalks can be cooked in a variety of ways - they are a popular filling for pies.</li> <li>- Generally young, dark pink, smaller diameter stalks are sweeter and more tender than thick, long green ones.</li> <li>- Look for stalks that are bright pink, crisp and free of disease or insect damage.</li> <li>- Avoid rhubarb that is limp or discoloured.</li> <li>- Available: All Year</li> </ul>



### **SPINACH / English –**

- Dark green leafy vegetable often sold in bunches.
- People mistakenly identify silverbeet for spinach.
- When cooked, the volume of spinach decreases by three quarters.
- Choose bunches with leaves that are crisp and dark green with a nice fresh fragrance.
- Avoid limp, damaged or discoloured bunches.
- Available: All Year



### **SPINACH / Silverbeet –**

- Also known as Swiss chard.
- Has shiny green ribbed leaves that are slightly bitter in taste.
- Stems range from white to yellow and red depending on variety.
- Leaves are usually treated in the same way as spinach and the stems like asparagus
- Look for perky bright green leaves with flexible stems.
- Available: All Year



### **SQUASH / Yellow –**

- Small in size, round and shallow in shape with scalloped edges it looks like a small spinning top.
- Also known as Petit, patty pan or scalloped squash - there are 2 commonly available varieties - yellow and green.
- Squash are most tender when they are immature.
- Select the smallest squash you can find. Ideally between 2.5 to 7cm in diameter.
- Larger ones will usually have a watery texture.
- Avoid squash with blemishes.
- Available: All Year



### **SWEDES –**

- Cream skin with purple top and rounded shape.
- Orange-yellow coloured flesh with a bittersweet, mustardy flavour.
- Select those with smooth skin if available. Avoid any that have damaged or blemished skin.
- Avoid over-sized swedes as they tend to be woody and tough.
- Available: All Year









### **SWEET POTATO / Purple –**

- Have a naturally creamy flavour & texture.
- Vivid purple coloured flesh.
- Hold their shape well for salads.
- Select firm medium-sized potatoes with tapered ends.
- Avoid ones with blemishes, sprouts or any sign of decay.
- Available: All Year



### **SWEET POTATO / Red –**

- Deep orange coloured skin and flesh.
- Larger than regular potatoes.
- Flavour is also sweeter.
- Select firm medium-sized potatoes with tapered ends.
- Avoid ones with blemishes, sprouts or any sign of decay.
- Available: All Year

	<p><b><u>SWEET POTATO / White –</u></b></p> <ul style="list-style-type: none"> <li>- Cream white fleshed potato.</li> <li>- Usually thinner than the red sweet potato.</li> <li>- Larger than regular potatoes.</li> <li>- Flavour is also sweeter.</li> <li>- Select firm medium-sized potatoes with tapered ends.</li> <li>- Avoid ones with blemishes, sprouts or any sign of decay.</li> <li>- Available: All Year</li> </ul>
	<p><b><u>TOMATOES / Black Russian –</u></b></p> <ul style="list-style-type: none"> <li>- Possibly the best tasting black tomato with a delicious blend of sugar and acid, making a distinctive, full rich and complex flavour.</li> <li>- The medium sized fruit are considered quite ugly with a round slightly flattened shape, mahogany red colour with dark green gel around the seeds when ripe and sometimes green shoulders.</li> <li>- This tomato is excellent in salads for colour and flavour, and makes wonderful sauce as well.</li> </ul>
	<p><b><u>TOMATOES / Cherry –</u></b></p> <ul style="list-style-type: none"> <li>- The cherry tomato is a smaller variety of the tomato and is popular as a snack and for use in salads.</li> <li>- They are often sweeter than standard tomatoes.</li> <li>- The size of cherry tomatoes can range from a thumb tip to the size of a golf ball.</li> <li>- The more oblong shaped cherry tomatoes are known as grape tomatoes.</li> <li>- Select tomatoes that are blemish free, bright in colour and firm.</li> <li>- Ripe tomatoes will give slightly to gentle pressure.</li> <li>- Available: All Year</li> </ul>
	<p><b><u>TOMATOES / Cherry (Black) –</u></b></p> <ul style="list-style-type: none"> <li>- The first truly black cherry tomato</li> <li>- A perfectly round cherry with classic black tomato flavour, sweet yet rich and complex.</li> <li>- These cherries are irresistibly delicious and a unique addition to the color spectrum of cherry tomatoes now available.</li> </ul>
	<p><b><u>TOMATOES / Cherry Truss –</u></b></p> <ul style="list-style-type: none"> <li>- Same as the cherry tomato - except they have been allowed to ripen on the vine.</li> <li>- Excellent flavour.</li> <li>- The cherry tomato is a smaller variety of the tomato and is popular as a snack and for use in salads.</li> <li>- They are often sweeter than standard tomatoes.</li> <li>- The size of cherry tomatoes can range from a thumb tip to the size of a golf ball.</li> <li>- The more oblong shaped cherry tomatoes are known as grape tomatoes.</li> <li>- Select tomatoes that are blemish free, bright in colour and firm.</li> <li>- Ripe tomatoes will give slightly to gentle pressure.</li> <li>- Available: All Year</li> </ul>
	<p><b><u>TOMATOES / Gourmet –</u></b></p> <ul style="list-style-type: none"> <li>- Bright red skin &amp; flesh with a very rich, full flavour.</li> <li>- Tends to have a more perfect shape.</li> <li>- Green calyx is still attached.</li> <li>- Select tomatoes that are blemish free, bright in colour and firm.</li> <li>- Ripe tomatoes will give slightly to gentle pressure.</li> <li>- Available: All Year</li> </ul>





#### **TOMATOES / Grape (Red) –**

- Firm and oblong shaped - like a large grape.
- Known for its sweetness & full flavour.
- They are often picked red - so they're usually ready to eat and make great snacks.
- Sweeter and smaller than cherry tomatoes.
- Select tomatoes that are blemish free, bright in colour and firm.
- Ripe tomatoes will give slightly to gentle pressure.
- Available: All Year



#### **TOMATOES / Grape (Yellow) –**

- Firm and oblong shaped - like a large grape.
- Known for its sweetness & full flavour.
- like red grape tomatoes, but they are bright yellow and have a nice, well-balanced flavour
- ready to eat and make great snacks, or can brighten up any salad
- Select tomatoes that are blemish free, bright in colour and firm.
- Ripe tomatoes will give slightly to gentle pressure.
- Available: All Year



#### **TOMATOES / Green –**

- Have a piquant flavour.
- They need to be cooked and are best fried, grilled or used in chutney or relish.



#### **TOMATOES / Heirloom –**

- A wonderful assortment of some of our best strains preserved from the past.
- Heirloom tomatoes offer honest-to-goodness, old fashioned tomato flavor that you have to taste to really understand and appreciate.
- In a range of colours, shapes, and days to maturity.








#### **TOMATOES / Hydroponic –**

- Firm ripe single tomatoes packed individually into trays for their protection.
- Deep red in colour with a consistent round shape & they maintain a consistent colour when cut
- Full flavoured with natural sweetness.
- Fresh flavour - Taste like home grown tomatoes, how tomatoes used to taste
- Maintain their freshness for 2-3 weeks when stored correctly.



#### **TOMATOES / Ox-Heart –**

- This soft-textured tomato that we call an **ox-heart** is the queen of all tomatoes.
- An old-fashioned favourite with heart-shaped pink fruit that weigh up to 500g.
- Very flavoursome, meaty flesh which contains few seeds making this a favourite for slicing and for sandwiches.

	<p><b><u>TOMATOES / Roma –</u></b></p> <ul style="list-style-type: none"> <li>- The roma is a meaty, egg or pear shaped tomato that is available in red and sometimes yellow.</li> <li>- It has few seeds and is a popular canning and sauce tomato.</li> <li>- Most commercial plum tomatoes sold are romas or related types.</li> <li>- Smaller plum-shaped tomatoes are sometimes sold as "baby Romas".</li> <li>- Select tomatoes that are blemish free, bright in colour and firm.</li> <li>- Ripe tomatoes will give slightly to gentle pressure.</li> <li>- Available: All Year</li> </ul>
	<p><b><u>TOMATOES / Roma (Baby) –</u></b></p> <ul style="list-style-type: none"> <li>- Super sweet glasshouse-grown roma truss tomatoes are simply irresistible!</li> <li>- These premium truss tomatoes are hydroponically grown and vine ripened in a protected environment which achieves excellent results in colour, texture and flavour.</li> <li>- The best quality tomatoes have bright, shiny skins, firm flesh, no blemishes, and no soft spots.</li> <li>- Choose tomatoes which are bright red for immediate use, and pale pink for future use.</li> <li>- Available: All Year</li> </ul>
	<p><b><u>TOMATOES / Teardrops (Red) –</u></b></p> <ul style="list-style-type: none"> <li>- A popular tomato cutie, the red teardrop tomato resembles its namesake: a tiny pear.</li> <li>- Tender and thin-skinned, the juicy texture is much like that of a vine-ripened tomato. Containing many tiny seeds, its addicting flavour is sweet and rich.</li> <li>- Used for adding rich colour and delicious flavour to salads, red teardrops are perfect for tossing in stir-fries the last minute.</li> <li>- Available: All Year</li> </ul>
	<p><b><u>TOMATOES / Teardrops (Yellow) –</u></b></p> <ul style="list-style-type: none"> <li>- Shaped like a teardrop they look like a tiny pear.</li> <li>- Bright yellow skin.</li> <li>- Can be from 2.5 - 5 cm in length, approx 2.5 cm diameter.</li> <li>- Mild flavour with a slight lemon taste.</li> <li>- Taste can vary depending on growing conditions.</li> <li>- Select tomatoes that are blemish free and bright in colour.</li> <li>- Available: All Year</li> </ul>
	<p><b><u>TOMATOES / Vine Ripened –</u></b></p> <ul style="list-style-type: none"> <li>- As the name suggests, these tomatoes are left to ripen on the vine, which allows their sugars to develop.</li> <li>- They have a deep red colour and intense flavour.</li> <li>- Usually grown in a green house or hydroponically.</li> <li>- Choose firm tomatoes that are heavy for their size.</li> <li>- Store at room temperature.</li> <li>- Ripe tomatoes can be stored in the fridge for up to two days, but bring them back to room temperature before using.</li> <li>- Available: All Year</li> </ul>
	<p><b><u>TOMATOES / Yellow –</u></b></p> <ul style="list-style-type: none"> <li>- Yellow tomatoes are low-acid tomatoes that still retain their unique tomato flavour and texture.</li> <li>- The yellow tomato is a deep, bright yellow colour--almost school-bus yellow. It is usually medium to large, round, and very smoothly shaped, with a thin skin, thick meat, and solid seed pockets.</li> </ul>



- The juice is very thick.
- Yellow tomatoes go well in salads and are especially tasty and beautiful in an all-tomato salad or platter that combines both red and yellow varieties.



#### **TOMATOES / Zebra (Black) –**

- This deep burgundy tomato has jagged green stripes on the outside and solid mahogany-coloured flesh inside.
- Sweet and juicy, its flavour also carries the rich complexity associated with black tomatoes.
- This is a natural and stabilized cross between a black tomato and Green Zebra, and its size and shape are like Green Zebra.
- Surely a unique and stunning variety.



#### **TOMATOES / Zebra (Green) –**

- A unique and delicious salad tomato, with characteristic dark green and yellow stripes.
- The light green flesh is very flavourful, sweet yet zingy.
- They are small to medium sized tomatoes.



Taro



Mini Taro

#### **TARO –**

- Usually light brown with a rough texture and woody appearance.
- The leaf, stalk and corm can be eaten but must be cooked first as they are poisonous raw.
- The cylindrical shaped corm is the most desired part of the plant and varies in size, normally 30-40 cm long.
- The flesh of the corm is purple, white, yellow or pinkish in colour depending on the variety.
- Choose taro that are heavy for their size
- Should be firm and free of soft spots or bruising.



Pink Taro



White Taro



Yellow Taro



#### **TURNIPS –**

- Purple or green tinged creamy white skin.
- Globe shaped - size ranges from 6 to 15 cm in diameter.
- Turnips have a slight pepper flavour.
- Choose turnips that have smooth, unbruised skins and feel heavy for their size.
- Available: All Year



#### **TURNIPS / Baby –**

- Similar to regular turnip, but smaller in size; approximately marble sized.
- Sweet turnip flavour.
- Snow white when peeled.
- Young turnips should not require peeling; they simply need to be trimmed and simmered or steamed until tender.



#### **ZUCCHINI / Green –**

- A member of the squash family, the zucchini or courgette has a soft edible surrounding a tender flesh containing seeds.
- Range In size from about 6-15 cm.
- Generally most zucchini have a light flavour.
- Look for firm zucchini with smooth unblemished skins and a bright colour.
- Larger zucchini usually have tougher skins.
- Available: All Year



#### **ZUCCHINI / Baby –**

- Smaller and sweeter version of the larger zucchini.
- Look for firm zucchini with smooth unblemished skins and a bright colour.
- Available: All Year



#### **ZUCCHINI FLOWERS / Female –**

- Is the edible flower of the zucchini plant
- Flowers are large, star-shaped golden-yellow with 5 petals.
- Female flowers are borne at the end of the tiny fruit.
- Available: November to May



#### **ZUCCHINI FLOWER / Male –**

- Is the edible flower of the zucchini plant
- Flowers are large, star-shaped golden-yellow with 5 petals.
- Female flowers are borne at the end of the tiny fruit.
- Male flowers are slightly smaller and grow on the plant, so they have a stalk.
- Available: November to May



#### **ZUCCHINI / Yellow –**

- Bright yellow in colour.
- Slightly sweeter taste than common green zucchini.
- Look for firm zucchini with smooth unblemished skins and a bright colour.
- Larger zucchini usually have tougher skins.
- Available: All Year

