























VEGETABLE Guide



Market Fresh™
marketfresh.com.au



Nutritional Values

 <p>Artichokes <i>Globe</i> Good source dietary fibre. Some vitamin C, thiamine, folate, calcium, and potassium.</p>	 <p>Asparagus Good source of folate. Some vitamin C, vitamin E, thiamine, niacin and dietary fibre.</p>	 <p>Beans <i>Broad</i> Good source of vitamin A and vitamin C and dietary fibre. Some protein, iron, potassium and thiamine.</p>	 <p>Beans <i>Green</i> Good source folate, vitamin C and dietary fibre.</p>	 <p>Beanshoots Good source of dietary fibre and vitamin C.</p>
 <p>Beetroot/Baby Beetroot Good source of folate, dietary fibre, potassium. Some vitamin C.</p>	 <p>Bok Choy <i>Shanghai Cabbage</i> Excellent source of vitamin A, vitamin C and folate.</p>	 <p>Broccoli Excellent source of vitamin A, vitamin C and folate. Some thiamine, riboflavin and niacin and vitamin E.</p>	 <p>Brussel Sprouts Excellent source of vitamin C and folate. Some vitamin E, niacin and potassium.</p>	 <p>Cabbages Excellent source of vitamin C and dietary fibre. Good source of folate.</p>
 <p>Cabbages <i>Chinese/Wom Bok</i> Good source of dietary fibre, folate, vitamin C and vitamin A.</p>	 <p>Cabbages <i>Red</i> Excellent source of vitamin C and dietary fibre. Some folate and potassium.</p>	 <p>Capsicums Excellent source of vitamin C. Good source vitamin A. Some vitamin E and vitamin B6.</p>	 <p>Carrots Excellent source of vitamin A. Good source dietary fibre. Some vitamin C.</p>	 <p>Carrots <i>Dutch</i> Excellent source of vitamin A. Good source dietary fibre. Some vitamin C.</p>
 <p>Cauliflowers Excellent source of vitamin C. Good source dietary fibre. Some folate and potassium.</p>	 <p>Chillies Excellent source of vitamin C and vitamin A.</p>	 <p>Celery Some dietary fibre, small quantities of vitamins. Low kilojoules.</p>	 <p>Cucumbers <i>Green</i> <i>Continental, Lebanese</i> Some vitamin C. Low kilojoules.</p>	 <p>Eggplants/Aubergines Good source dietary fibre, small quantities of vitamins.</p>

©Melbourne Market Authority 2002

This chart features some of the produce varieties available in Victoria from retailers who purchase through Melbourne Markets. Nutritional information provided by Jan Lewis, Dietitian using USDA Nutrient Database. Published by Melbourne Markets in 2002. Distributed by your friendly, local greengrocer. For further information log on free to: www.marketfresh.com.au



Endive
Good source of vitamin C, folate, and dietary fibre. Some vitamin A and potassium.



Fennel/Baby Fennel
Good source of vitamin C, folate and dietary fibre. Some iron.



Garlic
Contain compounds that can help reduce cholesterol.



Herbs *Basil, Chives, Coriander, Dill, Mint, Sage, Oregano, Rosemary and Thyme*
Good sources of vitamin A, vitamin C and folate.



Leeks
Good source vitamin C, folate and dietary fibre. Some vitamin A.



Lettuces *Iceberg*
Good source of folate. Some vitamin C, vitamin A and dietary fibre.



Mushrooms *Cultivated*
Good source riboflavin, niacin and dietary fibre. Some vitamin B12.



Onions *Brown, Red, White*
Some vitamin C, vitamin B3, potassium and dietary fibre.



Onions *White salad*
Some vitamin C, niacin and calcium.



Onions *Spring*
Some vitamin A, vitamin C, folate, niacin and dietary fibre.



Parsley
Excellent source of vitamin A and vitamin C. Good source of iron.



Parsnips
Good source of vitamin C, folate and dietary fibre. Some potassium.



Peas
Excellent source vitamin C. Good source of protein, thiamine, niacin and dietary fibre.



Potatoes
Excellent source vitamin C. Good source of dietary fibre and complex carbohydrates. Some thiamine and niacin.



Pumpkins *Kent, Jap, Butternut*
Excellent source of vitamin A. Good source of vitamin C. Some folate, potassium, niacin and dietary fibre.



Radishes
Good source vitamin C.



Rhubarb
Good source of dietary fibre, vitamin C. Some thiamine and niacin.



Shallots
Some dietary fibre, small quantities of vitamins. Low kilojoules.



Silverbeet
Excellent source vitamin C and vitamin A, folate and dietary fibre. Some calcium and iron.



Snowpeas
Excellent source of vitamin C and dietary fibre.



Spinach
Excellent source of vitamin C, vitamin A, and folate. Some dietary fibre, potassium, magnesium, calcium and iron.



Squash
Good source of vitamin C and dietary fibre. Some vitamin A and niacin.



Swedes
Good source of vitamin C and folate. Some niacin, potassium and dietary fibre.



Sweetcorn
Good source of dietary fibre, folate and phosphorus. Some vitamin C, thiamine and niacin.



Tomatoes
Good source of vitamin C, vitamin A, folate, and dietary fibre. Some niacin and potassium.



Tomatoes *Cherry*
Good source of vitamin C, vitamin A, folate, and dietary fibre. Some niacin and potassium.



Turnips
Good source of vitamin C and dietary fibre. Some niacin and potassium.



Watercress
Excellent source of vitamin A and vitamin C.



Witlof
Good source of vitamin C, folate and dietary fibre.



Zucchini/Courgettes
Good source of vitamin C. Some folate and dietary fibre.



VEGETABLE Guide

Availability



PLENTIFUL ✓ LIGHT TO MODERATE SUPPLY ✓ UNAVAILABLE ✗
 CHART DENOTES THE AVAILABILITY OF FRESH PRODUCE THROUGH VICTORIAN GREENGROCERS

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Artichokes <i>Globe/Jerusalem</i>	✗	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓
Asparagus	✓	✓	✓	✓	o/s	o/s	o/s	✓	✓	✓	✓	✓
Beans <i>Broad</i>	✗	✗	✗	✗	✗	✗	✗	✗	✓	✓	✓	✗
Beans <i>Green</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Beanshoots	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Beetroot/Baby Beetroot	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Bok Choy <i>Shanghai Cabbage</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Broccoli	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Brussels Sprouts	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✗	✗
Cabbages	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cabbages <i>Chinese/Wom Bok</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cabbages <i>Red</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Capsicums	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Carrots	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Carrots <i>Dutch (bunch)</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cauliflowers	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Chillies	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Celery	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cucumbers <i>Green, Continental, Lebanese</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Eggplants/Aubergines	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

o/s - This symbol indicates that Australian supply may be supplemented by supplies from New Zealand and other countries.
 C - This symbol indicates that product has been kept in 'controlled atmosphere' conditions.
 A note on seasonal charts: Harvest seasons don't quite run like clockwork. Changes in weather each year, for instance, can alter harvest dates. Farmers are also constantly striving to extend the harvest season on each end with new growing techniques and crop varieties. But these charts should give you a pretty good idea of the prime harvest season for most varieties.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Endive												
Fennel/Baby Fennel (BF)	BF ONLY	BF ONLY	BF ONLY									BF ONLY
Garlic	o/s				o/s	o/s	o/s	o/s	o/s	o/s	o/s	o/s
Herbs <small>Basil, Chives, Coriander, Dill, Mint, Sage, Oregano, Rosemary, Thyme</small>												
Leeks												
Lettuces/Salad Mix												
Mushrooms Cultivated/Wild (W)				W	W							
Onions Brown, Red, White										o/s	o/s	
Onions White salad												
Onions Spring (bunch)												
Parsley												
Parsnips												
Peas												
Potatoes White/Desiree, Bison <small>NOTE: Brushed/Sebago available all year</small>												
Pumpkins Butternut, Kent, Jap												
Radishes												
Rhubarb												
Shallots										o/s	o/s	
Silverbeet												
Snowpeas												
Spinach												
Squash												
Swedes												
Sweetcorn												
Tomatoes												
Tomatoes Cherry												
Turnips												
Watercress												
Witlof												
Zucchini/Courgettes												

o/s – This symbol indicates that Australian supply may be supplemented by supplies from New Zealand and other countries.

©Melbourne Market Authority 2002

C – This symbol indicates that product has been kept in 'controlled atmosphere' conditions.

A note on seasonal charts: Harvest seasons don't quite run like clockwork. Changes in weather each year, for instance, can alter harvest dates. Farmers are also constantly striving to extend the harvest season on each end with new growing techniques and crop varieties. But these charts should give you a pretty good idea of the prime harvest season for most varieties.