

A better choice!



















Quality **FRESHNESS** Service

VEGETABLE GUIDE

Use the calendar at the bottom of each item to check seasonal availability. GREEN squares signify the month the vegetable is available.

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ARTICHOKE  Good source of vitamin C and thiamine, some dietary fibre, calcium, phosphorus, niacin and potassium. J F M A M J J A S O N D	ASPARAGUS  Very good source of vitamin C and E; contains thiamine, dietary fibre, iron, riboflavin and niacin. J F M A M J J A S O N D	BEANS (GREEN/BROAD/FLAT)  Good source vitamin A, C and dietary fibre J F M A M J J A S O N D	BETROOT  Good source dietary fibre and folic acid. J F M A M J J A S O N D	BROCCOFLOWER  Excellent source B group vitamins; good source vitamin C and folic acid. J F M A M J J A S O N D
BROCCOLI  Excellent source vitamins A and C. Very good source folacin and Vitamin E. J F M A M J J A S O N D	BRUSSELS SPROUTS  Excellent source of vitamin C. Moderate source of dietary fibre, iron, potassium and riboflavin. J F M A M J J A S O N D	CABBAGE  Excellent source vitamin C and dietary fibre J F M A M J J A S O N D	CAPSICUM  Excellent source vitamin C; good source B6, E and potassium. J F M A M J J A S O N D	CARROT  Excellent source of vitamin A; good source of dietary fibre. J F M A M J J A S O N D
CAULIFLOWER  Good source of vitamin C, potassium, folic acid. J F M A M J J A S O N D	CELERIAC  Very good source of dietary fibre; good source of vitamin C. J F M A M J J A S O N D	CELERY  Good source of vitamin A, calcium, phosphorus, sodium, potassium and dietary fibre. J F M A M J J A S O N D	CHINESE CABBAGE  Good source of vitamin C and dietary fibre. J F M A M J J A S O N D	CHINESE SPINACH  A good source of dietary fibre, vitamin A and folic acid; very low in sodium. J F M A M J J A S O N D
CHILLI  Excellent source of vitamin C and vitamin A. J F M A M J J A S O N D	CHOKO  An excellent source of vitamin C; good source of dietary fibre. J F M A M J J A S O N D	CUCUMBER  Good source of vitamin C and dietary fibre. J F M A M J J A S O N D	EGGPLANT  Good source of dietary fibre, contains some vitamin C and potassium. J F M A M J J A S O N D	ENDIVE  Good source of vitamin C, folic acid and potassium. J F M A M J J A S O N D
FENNEL  Good source of vitamin C and a moderate source of iron. J F M A M J J A S O N D	GARLIC  Good source of dietary fibre; some medicinal qualities: antiseptic and a cold/flu deterrent. J F M A M J J A S O N D	GINGER  Good source dietary fibre and vitamin B1. J F M A M J J A S O N D	KALE  Good source vitamin B1, B2, B3, C and dietary fibre. J F M A M J J A S O N D	LEEK  Excellent source vitamin C; good source dietary fibre and iron. J F M A M J J A S O N D
LETTUCE  Excellent source vitamin A (the darker the leaves, more vitamin A and iron). J F M A M J J A S O N D	LO BOK/DAIKON  Excellent source vitamin C dietary fibre. J F M A M J J A S O N D	MUSHROOM  Good source riboflavin, niacin; contains protein, folic acid, vitamin B12. J F M A M J J A S O N D	OKRA  Excellent source vitamin C and folic acid; good source dietary fibre. J F M A M J J A S O N D	ONION (BROWN/RED/WHITE)  Good source vitamin C, B3 (niacin) and calcium. J F M A M J J A S O N D
ONION (SPRING/ESCHALLOT)  Some vitamin A, vitamin C, folate niacin and dietary fibre. J F M A M J J A S O N D	PARSNIP  Excellent source vitamin C; good source dietary fibre and folic acid. J F M A M J J A S O N D	PEAS  Excellent source vitamin C; good source dietary fibre, folic acid and thiamine. J F M A M J J A S O N D	POTATO  Excellent source vitamin C and dietary fibre J F M A M J J A S O N D	PUMPKIN (JAP/BUTTERNUT)  Excellent source vitamin A and C; good source dietary fibre. Contains some potassium, vitamin B6 and iron. J F M A M J J A S O N D
RADISH  Excellent source of vitamin C. J F M A M J J A S O N D	RHUBARB  Good source dietary fibre, vitamin C; some thiamine and niacin. J F M A M J J A S O N D	SILVERBEET  Good source dietary fibre, folic acid, and vitamin C; contains vitamin B6, riboflavin, low in sodium. J F M A M J J A S O N D	SNOW PEAS  Excellent source dietary fibre; good source protein, vitamin B, B2, B3, C and folic acid. J F M A M J J A S O N D	SPINACH  Good source of dietary fibre, vitamin A and folic acid. Contains vitamin B2, B6; low in sodium. J F M A M J J A S O N D
SPROUTS  Good source dietary fibre, vitamin C. J F M A M J J A S O N D	SQUASH  Very good source vitamin C and A; low in sodium. J F M A M J J A S O N D	SWEET CORN  Excellent source vitamin C; good source of dietary fibre, folic acid and phosphorus. J F M A M J J A S O N D	SWEET POTATO  Excellent source of vitamin C, a good source of complex carbohydrate, folic acid, vitamins A & E, potassium and dietary fibre. J F M A M J J A S O N D	TARO  An excellent source of vitamin A and C; good source dietary fibre, complex carbohydrates. J F M A M J J A S O N D
TOMATO  Excellent vitamin C; useful source vitamin E. J F M A M J J A S O N D	TURNIP/SWEDE  Excellent source vitamin C; good source dietary fibre. J F M A M J J A S O N D	WATERCRESS  Good source vitamin C, A, niacin, thiamine, riboflavin and iron J F M A M J J A S O N D	WITLOF  Excellent source vitamin C; good source dietary fibre. J F M A M J J A S O N D	ZUCCHINI  Excellent source vitamin C; low in sodium. J F M A M J J A S O N D

This chart features some of the vegetables available to fruit shops from the Brisbane Produce Market in Queensland. Nutritional values information source: Brismark.

The availability of the above vegetables is based on traditional seasons but this information is subject to weather and growing conditions. Vegetables can be available at other times but the months indicated are the best availability times and the best value buying.