

FRESH NEW ZEALAND GROWN VEGETABLES

ALLIUMS



Brown onions

The most common onions in New Zealand. They are strongly flavoured, firm onions with layers of golden brown paper skins and white flesh and are generally used for cooking rather than eaten raw. The most common varieties are Pukekohe Long Keeper and Pukekohe Early Long Keeper and these store very well.

Available all year



White onions

White onions have a dry papery skin and perfectly white flesh, with a sharp medium flavour. They are generally available as mature, round and orange sized. They are suitable for a range of end uses including raw and pickles.

Limited availability



Leeks

Leeks belong to the onion family and look a bit like a huge spring onion, with a mild onion flavour. Miniature leeks are sometimes available.

Available all year, more plentiful in winter



Sweet mild onions

These look similar to main crop onions but with lighter golden skins. They are generally larger and flatter with a milder flavour which makes them suitable to use raw. Sweet mild onions are significantly softer than main crop onions but this softness does not indicate inferior quality.

Available December to May



Pickling onions

These are small, main crop onions. They have a strong pungent flavour.

Available all year, best for pickling about March



Chives

Chives have a delicate onion flavour with a hint of garlic. They look like miniature spring onion with hollow, circular leaves. They are a versatile herb with many uses – add chives just before serving because too much heat destroys the flavour.

Available all year, most plentiful September to May



Garlic

New Zealand garlic has a stronger taste than imported garlic; one New Zealand garlic bulb is as strong as three imported bulbs. The most common variety of garlic has white skin and contains 10 cloves (or segments). Other varieties have pink or purple skin and larger cloves. Generally, the smaller the clove, the stronger the taste.

Available all year



Red onions

Onions with burgundy red skin and red-tinged-flesh. Spanish type red onions are large and round, while Californian red onions tend to be flatter and milder. They have a mild flavour and are sweet and juicy. They are eaten raw in salads or sandwiches and used as a garnish. Globe shaped red onions are available and are normally more pungent tasting more like a brown onion.

Available usually January to August



Spring onions

These small white onions are harvested when young and green before the bulb has formed. Tender and mild with a long white slender neck and hollow green tops, they are sold fresh in bunches. Also known as scallions, bunching or green onions. Milder than onions, this makes them ideal for eating raw and using in salads. Their green tops can be used like chives, as a garnish or sliced for salads.

Available all year



Shallots

Shallots are about the same size or slightly larger than pickling onions, and the skin colour ranges from coppery-yellow to reddish-brown. The bulbs can be elongated or oval, and are formed of several clusters or bulblets. Shallots have a more delicate, sweeter taste and finer texture than onions. They keep well in a cool dry place. The most commonly grown varieties are Ambition, a globe shaped bulb, and Picador, an oval shaped bulb.

Available February to July, most plentiful late summer



Garlic chives

Garlic chives have flat leaves and a strong garlic flavour.

Available all year, most plentiful September to May