

5+ A Day Growing Regions



Growing Regions

Fruit and Vegetables



NORTHLAND



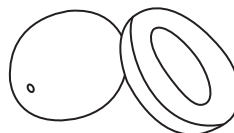
citrus



kūmara



avocados



melons



tamarillos

AUCKLAND



potatoes



onions



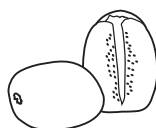
broccoli



cauliflower



cabbage



kiwifruit



lettuce



mandarins



silverbeet



persimmons



Asian vegetables

Growing Regions

Fruit and Vegetables



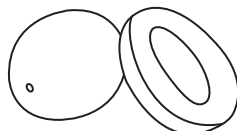
WAIKATO



asparagus



blueberries



melons



potatoes



onions

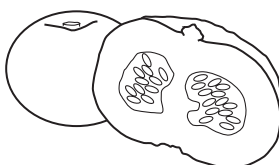
BAY OF PLENTY



kiwifruit



avocados



squash



asparagus



citrus



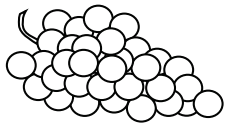
tamarillos

Growing Regions

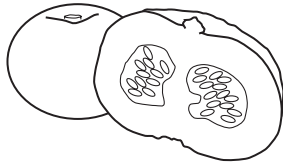
Fruit and Vegetables



GISBORNE / TAIRAWHITI



grapes



squash



citrus

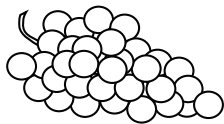


sweetcorn

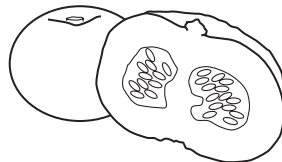
HAWKES BAY



apples



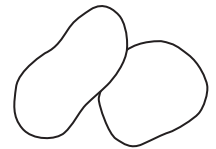
grapes



squash



sweetcorn



potatoes



onions



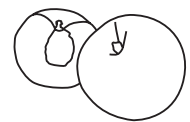
apricots



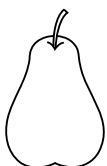
asparagus



nectarins



peaches



pears



plums

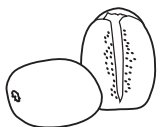


tomatoes

Growing Regions Fruit and Vegetables



TARANAKI (*small amounts*)

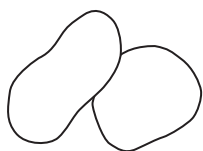


kiwifruit



asparagus

MANAWATU / WANGANUI



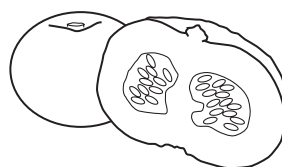
potatoes



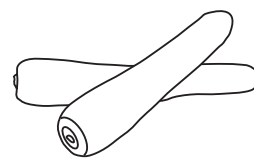
peas



beans



squash



carrots



asparagus



broccoli



cabbage



cauliflower

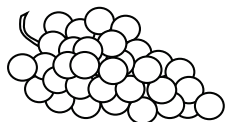


parsnips

Growing Regions Fruit and Vegetables



WELLINGTON (*small amounts*)



grapes



broccoli



cabbage

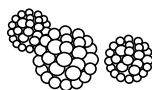


cauliflower

TASMAN / NELSON



apples



blackcurrants



boysenberries



pears



raspberries

MARLBOROUGH



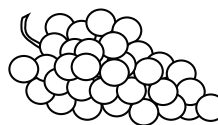
cherries



garlic



sweetcorn



grapes

Growing Regions

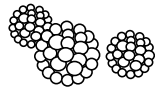
Fruit and Vegetables



CANTERBURY



beans



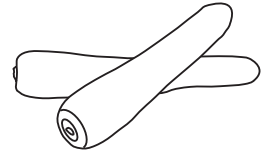
blackcurrants



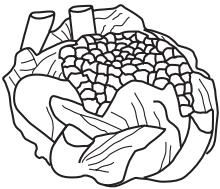
broccoli



cabbage



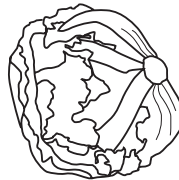
carrots



cauliflower



greenhouse crops



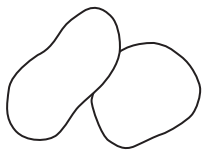
lettuce



onions



peas



potatoes



sweetcorn

OTAGO / CENTRAL OTAGO



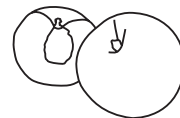
cherries



apricots



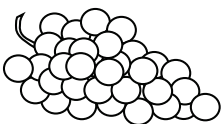
nectarines



peaches



plums

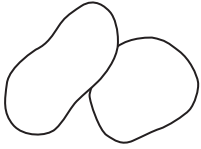


grapes

Growing Regions Fruit and Vegetables



SOUTHLAND



potatoes



lettuce



parsnip



swede