

GOURMET VEGETABLES



PREMIUM VEGETABLE & HERB PUNNET RANGE



GOURMET VEGETABLES is a range that contains the best performing and unique vegies & herbs so you can create the best harvestable product. Produced in a large 4 cell, the seedlings are strong, vigorous and more advanced producing an edible product even quicker. Tasty, fresh and healthier!

QUICK START VEGETABLES



EVERYDAY SEEDLING PUNNET RANGE



QUICK START VEGETABLES is a range that features the most common garden varieties of vegetables and herbs. The seedlings are sold in an economical size to mature and flourish in the garden situation of your choice but have well established root balls and are sun hardened to ensure maximum garden performance.

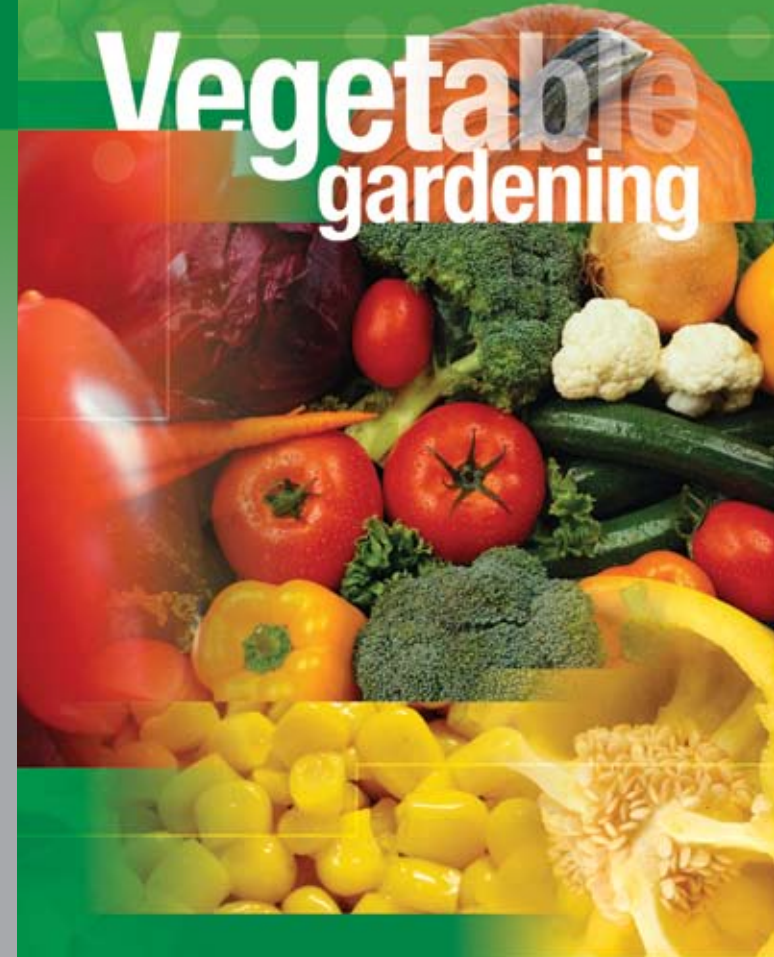
SERVING THE NURSERY INDUSTRY
FOR OVER 30 YEARS




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Vegetable gardening





PEAS


BENEFITS Some protein, iron, thiamin & folic acid
Good dietary fibre
335kJ/100gms

USES Salads, boil, etc.

RANGES Gourmet Vegetables
Vegetable Seedlings

POSITION Full sun
HARVEST 12-16 weeks
APART 5-8cm
WATER Regular
BEST IN Garden

PLANTING TIME
J F M A M J J A S O N D



CELERY


BENEFITS Small amounts of minerals & fibre
Low in carbs
71kJ/100gms

USES Stir fry, soups, etc.

RANGES Vegetable Seedlings

POSITION Full sun
HARVEST 16-20 weeks
APART 20cm
WATER Regular
BEST IN Garden

PLANTING TIME
J F M A M J J A S O N D



ONIONS


BENEFITS Small amounts of minerals & vitamins
Rich in sugar
147kJ/100gms

USES Saute, BBQ, bake etc.

RANGES Vegetable Seedlings

POSITION Full sun
HARVEST 18-24 weeks
APART 10-12cm
WATER Regular
BEST IN Garden

PLANTING TIME
J F M A M J J A S O N D



ROCKMELON


BENEFITS High Vit C
Good Vit A & Fibre
Some iron
105kJ/100gms

USES Desserts & fruit salad

RANGES Gourmet Vegetables
Vegetable Seedlings

POSITION Full sun
HARVEST 12-16 weeks
APART 100-120cm
WATER Regular
BEST IN Garden/Pots

PLANTING TIME
J F M A M J J A S O N D



WATERMELON


BENEFITS High in Vit C
Some Vit A
113kJ/100gms

USES Desserts & Fruit salads

RANGES Gourmet Vegetables
Vegetable Seedlings

POSITION Full sun
HARVEST 12-16 weeks
APART 150-180cm
WATER Regular
BEST IN Garden

PLANTING TIME
J F M A M J J A S O N D



CARROT

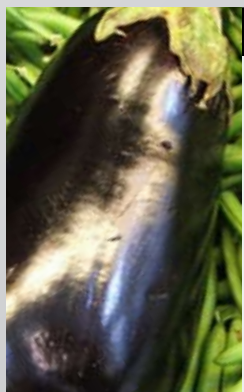
BENEFITS Very high Vit A
Some fibre
Low in carbs
151kJ/100gms

USES Raw, steam, bake etc.

RANGES Gourmet Vegetables
Vegetable Seedlings

POSITION Full sun
HARVEST 14-16 weeks
APART 15cm
WATER Regular
BEST IN Garden

PLANTING TIME
J F M A M J J A S O N D



EGGPLANT


BENEFITS High H2O content
Most minerals & vitamins
105kJ/100gms

USES Bake, fry, mash etc.

RANGES Gourmet Vegetables
Vegetable Seedlings

POSITION Full sun
HARVEST 12-14 weeks
APART 30cm
WATER Regular
BEST IN Garden

PLANTING TIME
J F M A M J J A S O N D



PUMPKIN

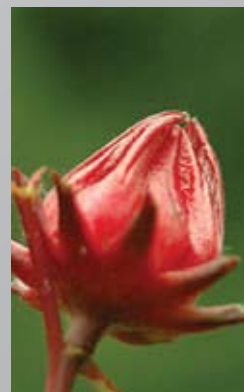
BENEFITS Good Vit A
Some fibre
Low in carbs
130kJ/100gms

USES Bake, boil, mash etc.

RANGES Gourmet Vegetables

POSITION Full sun
HARVEST 14-18 weeks
APART 60cm
WATER Regular
BEST IN Garden

PLANTING TIME
J F M A M J J A S O N D



ROSELLA


BENEFITS High in Vit C & E
High in protein & essential oils
High in antioxidants

USES Tea, sauce, jams etc.

RANGES Gourmet Vegetables

POSITION Full sun
HARVEST 20-22 weeks
APART 150cm
WATER Regular
BEST IN Garden

PLANTING TIME
J F M A M J J A S O N D



ORIENTAL


BENEFITS Chinese cabbage
Chinese broccoli
Pak Choi

USES Stir fries, salads & specialised cooking

RANGES Gourmet Vegetables
Vegetable Seedlings

POSITION Full sun
HARVEST 8-10 weeks
APART 30-40cm
WATER Regular
BEST IN Garden/Pots

PLANTING TIME
J F M A M J J A S O N D



RHUBARB

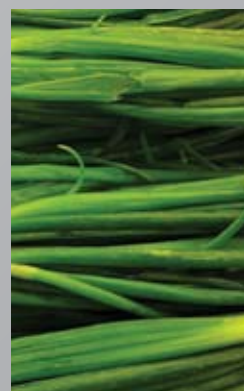
BENEFITS High in Vit C, fibre
calcium
Low in carbs
Lowers cancer risks

USES Great in pies

RANGES Gourmet Vegetables

POSITION Full sun
HARVEST 16-20 weeks
APART 50cm
WATER Regular
BEST IN Garden/Pots

PLANTING TIME
J F M A M J J A S O N D



SHALLOTS

BENEFITS Small amount of Vitamins & minerals
Rich in sugars
147kJ/100gms

USES Saute, bake, fry etc.

RANGES Vegetable Seedlings

POSITION Full sun
HARVEST 12-14 weeks
APART 7-10cm
WATER Regular
BEST IN Garden

PLANTING TIME
J F M A M J J A S O N D



BRUSSEL SPROUTS

BENEFITS Excellent Vit C
Good folic acid & fibre. Low in carbs
205kJ/100gms

USES Salads, steamed

RANGES Gourmet Vegetables

POSITION Full sun
HARVEST 16-20 weeks
APART 60-75cm
WATER Regular
BEST IN Garden/Pots

PLANTING TIME
J F M A M J J A S O N D



ARTICHOKE


BENEFITS High in Vit A & C
High in protein & folate

USES Pizza, boil & Mediterranean dishes

RANGES Gourmet Vegetables

POSITION Full sun
HARVEST 20-28 weeks
APART 100-120cm
WATER Regular
BEST IN Garden

PLANTING TIME
J F M A M J J A S O N D



HONEYDEW

BENEFITS High in Vit C
Some Vit A
113kJ/100gms

USES Desserts & Fruit salads

RANGES Gourmet Vegetables

POSITION Full sun
HARVEST 12-16 weeks
APART 100-120cm
WATER Regular
BEST IN Garden

PLANTING TIME
J F M A M J J A S O N D