

In Your Garden:

V E G G I E S !

C H E R R Y T O M A T O E S

Pearly round sweet, red cherry tomatoes top off summer salads, sweeten party trays, and treat the kids.

B E E F S T A K E T O M A T O E S

Abundant yield of red beefsteaks loaded with savoury and smoky-flavour.

S W E E T P E P P E R S

We are sweet on this glorious bell pepper and its sweet, mild flesh.

J A L A P E N O P E P P E R S

A salsa lover's dream!

C E L E R Y

More crunch to the bunch, and a summer of healthy snacks!

B R O C C O L I

Eating broccoli can make your brain more powerful and sharpen your thinking!

C U C U M B E R

Stunning jade-coloured flesh and unmatched sweet flavour make this a superb snack.

S W E E T P E A S

These delicious, tender pods and peas are great raw (eaten before you ever leave the garden), stir-fried, or in salads.

C A R R O T S

Crunchy sweet and considered superior for juicing.

R A D I S H E S

These globes have bright red-purple skin (one of the most colourful veggies!) with sweet, crisp, white flesh.

O N I O N S

K A L E

A truly astounding superfood with an incredible host of health benefits! Lovely sweet and nutty flavour.

S P I N A C H

Awesome dark-green, savoyed leaves that are great for canning, steaming, or salads.

L E T T U C E S

Soft textured leaves enclose a crisp, juicy, loose inner head of sweet-tasting leaves.

U S E T H E M F O R
C A N N I N G !

U S E T H E M F O R
F R E E Z I N G !

E A T T H E M S T A N D I N G
I N T H E G A R D E N !