

NEW ZEALAND
TAMARILLO

fresh
produce
new zealand



Tamarillos are an oval shape with smooth shiny skin that can be of different colours based on variety. Their juicy flesh is sweet yet tangy, with a bold complex flavour that also differs by variety.

The red variety (more common than the gold) have a deep red skin and dark red pigmentation around the seeds, delivering the full exotic flavour of the traditional fruit, whilst the gold are slightly sweeter.

Very versatile, the flesh can be enjoyed fresh on its own, added to cheeseboards or salads or used in a range of sweet and savoury dishes, condiments and drinks.

AVAILABILITY

JAN FEB MAR APR **MAY** JUN JUL AUG SEP OCT NOV DEC

PACK

Single layer tray (place packed)

WEIGHT

3kg net

COUNTS

25 | 28 | 30 | 33 | 36 | 42

Tamarillos can be baked, poached, grilled, fried and casseroled to add flavour and nutrition to any meal.

They are a good source of antioxidants, vitamins (A, B6, C and E), high in potassium but extremely low in sodium, which is a desirable balance for a healthy diet. Tamarillos are also low in calories and high in dietary fibre.

Nutrient rich, Tamarillos provide many benefits to the human body such as improved digestion, relieving constipation, prevention of Diabetes, improving healthy vision and skin, and reducing cholesterol.

PLU #4793

NB: Design only. Label not to scale.



GROWING REGIONS

Northland

Bay of Plenty

