



# Our kumara are carefully planted and nurtured in the warm, rich, fertile soil of Northland's Kaipara.

Fresh Zone kumara retain high levels of nutrition and are one of the healthiest vegetables you can eat.

Kumara is an excellent source of vitamin C and supplies a range of carotenoids as well as potassium. Kumara also is a source of vitamins A and E, some B group vitamins, along with some starchy carbohydrate and fibre.

**Fresh Zone**<sup>®</sup>

KEEPING IT FRESH

This recipe *red, gold and orange kumara roast* is available at [www.kumara.co.nz](http://www.kumara.co.nz)  
Courtesy of [www.vegetables.co.nz](http://www.vegetables.co.nz)

