

NEW ZEALAND GREENGAGE PLUMS



The Greengage plum may suggest sour flavours given its appearance of 'unripe' shades of green, but in fact have a unique candy-like sweetness, and are regarded by some as the ultimate plum.

Smaller than other plum varieties, they have a smooth, greenish-yellow flesh that is dense yet juicy.

Greengage plums have a variety of uses as a key ingredient in a range of desserts, cakes and pies. They can be sliced through salads, are delicious as jams and compotes, but are best enjoyed fresh straight out of your hand.

AVAILABILITY

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

PACK

Bulk loose pack

WEIGHT

5kg approx.

SIZE

Small | Medium | Large

Grown in Central Otago, a region renowned for producing stonefruit of superior quality and flavour, due to its pure and optimal growing conditions.

Greengage plums are a great source of fibre, vitamin C, vitamin A, vitamin K, sodium, potassium, protein, calcium, phosphorus and phytonutrients.

Rich in organic acids including flavonoids, phenolic acids and antioxidant compounds, aiding in the improvement of body metabolism and alleviating fatigue. They also have detoxifying properties and can help with digestion.



GROWING REGION
Central Otago

