

BABY VEGETABLES

Baby courgette

A miniature courgette, firm and fine, to cook whole.

The baby courgette is harvested young, which gives it thin skin, firm flesh and few seeds. Its mild, lightly sweet flavour comes out grilled, pan-fried or steamed. Left whole or halved, it makes for a regular, elegant garnish.

FLAVOUR
Mild, fresh, lightly sweet

ORIGINS
South Africa, France

Seasons and origins

Peak season · Early · Late · Rare

	J	F	M	A	M	J	J	A	S	O	N	D
All origins	●	●	●	●	●	●	●	●	●	●	●	●
South Africa	●	●	●	●	●	●	●	●	●	●	●	●
France	○	●	○	●	●			○	○	●		

Indicative calendar based on our sales. Our sales team will confirm current availability.

Pack sizes

• **Punnet 200 g × 6**	South Africa
• **Punnet 5 pieces × 12**	France
• **Punnet 150 g × 6**	France

In the kitchen

- Halved and grilled on the plancha
- Pan-fried in olive oil and thyme
- Raw in thin marinated slices

Orders and prices
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