

NEW ZEALAND
OCA

fresh
produce
new zealand



Oca (also known in New Zealand as Yams) are brightly coloured, with a ribbed surface that is slightly shiny or waxy.

Approximately the size of a thumb, Oca can be apricot, yellow or the traditional red colour, with a cream or pale orange flesh.

A delicious alternative to potatoes, utilised in the same way – roasted, boiled, added to soups and stews, with no need to peel. However unlike potatoes, Oca can also be eaten raw, sliced into salads or as part of raw vegetable platter.

AVAILABILITY

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

PACK

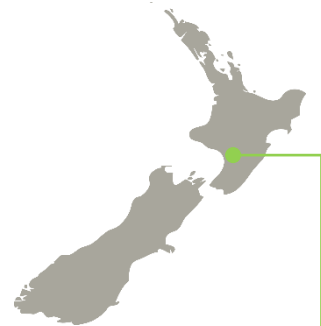
5kg boxes

VARIETY

Red | Apricot | Yellow

Oca has a somewhat zesty flavour, with flesh that is firm, yet juicy and crisp when eaten raw or lightly cooked, and becomes more starchy, slightly sweet and almost nutty which fully cooked.

Extremely nutritional, Oca one of the highest vegetable sources of carbohydrates and energy. They are a good source of folate, vitamin A (from beta-carotene), vitamin B6 and potassium. Oca have a low Glycaemic Index, making them ideal for diabetics.



GROWING REGION
Palmerston North

