**Showing Vegetables**

‘Best table’ means a freshly picked or dug vegetable, that is of moderate size, washed clean and looks well on the kitchen bench ready to be prepared.

**Beans and peas**- uniform size, 1cm of stalk left on the pod

**Beetroot, Carrots, and Parsnips** –leave all the roots intact and about 6cm of stalk on the top

**Cabbage**Table – trim the outer leaves until it looks like a round rosebud unfurling.  
Heaviest – leave it untrimmed as it is judged on weight alone.

**Courgettes, Cucumbers, and Marrows** –best shown at a medium size, not gross

**Lettuce –**remove coarse outer layers but leave a nice rosette

**Onions-** trim roots slightly, tidy up skins, leave about 8-10cm of stalk which should be doubled over and secured with a rubber band or string

**Parsley** –bright green, tight curly bunch placed in a glass of water to keep it fresh, must be clean

**Potato**- a table potato should fit into the palm of your slightly cupped hand.

**Rhubarb-** leave a fraction of green on the top and tear do not cut the stalk from the crown

**Shallots-** keep shallots with some soil to hold the nest together in a shallow container

**Silver beet-** enter whole plant, trim roots back.