Some plants suitable for planting and growing in autumn and winter in Southland:

Cabbage varieties
Daikon Radish
Broccoli, (also sprouting Broccoli)
Kales: Curly, Red Russian etc
Silver beet, Perpetual Beet and Winter Spinach
Celery: Celeriac is the hardier but should be planted in late spring, then survives most winters
Leeks
Carrots and Parsnips, Egyptian Onions, some potato varieties can be left in the soil and harvested as needed during most winters
Rocket: annual and perennial
Corn Salad sometimes called Lamb’s Lettuce or Mache
Miner's Lettuce
Chervil
Some Lettuce types like Rouge d'Hiver and Merveilles de Quarte Saisons, will grow most winters and take off in very early spring, esp. in a sheltered spot.
Endive
Parsley: some parsleys survive quite well over winter in a sheltered spot
For an early spring harvest some Broad Beans can be sown in late autumn, they will then take off in early spring after most winters.
Garlic is planted on or near the shortest day then harvested mid summer.
Perennials like Chives, Sorrel, Asparagus, Rhubarb and Lovage can be left in the soil, they will die down and come up in spring, Chives and Sorrel very early.
Bi-annuals like Parcel will die down but come up and produce early

Plants suitable for sowing or planting in early spring outside:

Cabbage varieties
Broccoli varieties
Pak Choi
Broad beans
Radish
Sugar Snap Pea varieties
Winter Spinach, Silver beet, Perpetual Beet
Onion varieties like Shallots, Spring Onions etc

When a new garden with cardboard and/or newspaper underneath it, has just been started it depends on the depth of the soil which plants can be grown in the first half year. Best to grow are shallow rooting plants. After about 6 month, the cardboard and or newspaper has disappeared and the soil beneath is available to the plants to grow down in. If carpet has been used to cover the soil, it will take longer for it to disintegrate.