



Spring Seasonal Guide 2024

March, April, May

Updated 2/19/24

Small Local Farms

Capay Farm

Yolo County

- Organic Broccoli Di Ciccio
- Organic Chards
- Organic Lacinato Kale
- Organic Leeks
- Organic Baby Mixed Lettuce
- Organic Purple Asparagus

Coke Farm

Monterey County

- Organic Gold Chioggia Beets
- Organic Baby Chioggia Beets
- Organic Red Beets
- Organic Bunched Red Beets
- Organic Baby Red Beets
- Organic Celery Root
- Organic Cilantro
- Organic Baby Red Chard
- Organic Frisee
- Organic Braising Greens
- Organic Red & White Spring Onions
- Organic Italian Parsley
- Organic Watermelon Radishes
- Organic Spanish Radishes
- Organic Sunchokes

Comanche Creek Farm

Butte County

- Organic Squash
- Organic English Peas
- Organic Snap Peas
- Organic Baby Mixed Lettuce
- Organic Little Gem Lettuce
- Organic Purple & Yellow Snap Peas
- Organic Mizuna
- Organic Braising Mix
- Organic Purple Daikon
- Organic Red Savoy Cabbage
- Organic Conical Cabbage
- Organic Purple Sprouting Broccoli

County Line Harvest

Thermal/Petaluma

- Organic Baby Mixed Lettuce
- Organic Little Gem Lettuce
- Organic Rucicola
- Organic Salad Mix
- Organic Purple Sprouting Broccoli
- Organic Turnips
- Organic Radishes
- Organic Thumbelina Carrots
- Organic Red Frill Mustard Greens
- Organic Casper Kale
- Organic Lacinato Kale
- Organic Frisee

Durst Organic Growers

Yolo County

- Organic Green & Purple Asparagus
- Organic Fava Beans

Earthworks

Alameda County

- Mixed Blossoms
- Confetti Flowers
- Angelica
- Nasturtiums
- Lemon Verbena
- Rose Geranium

Full Belly Farm

Yolo County

- Organic Green Garlic
- Organic Asian Greens
- Organic Red Russian Kale
- Organic Leeks
- Organic Mizuna
- Organic Wild Mustard Greens
- Organic Spring Onions
- Organic Flambo Radishes
- Organic Tat Soi
- Organic Baby Turnips
- Organic What Berries

Iacopi Farms

Half Moon Bay

- English Peas
- Fava Beans

Knoll Farms

Contra Costa County

- Organic Cardoons
- Green Garlic
- Herbs: Rosemary, Sage, Fava Leaves
- Fig Leaves
- Horseradish Leaves
- Pea Leaves
- Rapini Mix

Lakeside Organics

Monterey County

- Organic Celery
- Organic Leeks
- Organic Radicchio
- Organic Broccoli
- Organic Cauliflower
- Organic Cilantro
- Organic Romaine Hearts

New Natives

Santa Cruz County

- Organic Pea Sprouts
- Organic Sunflower Sprouts
- Organic Wheat Grass

Ratto Bros.

Modesto County

- Collard Greens
- Kale
- Kohlrabi
- Mustard Greens
- Chards

Riverdog Farm

Yolo County

- Organic Asparagus
- Organic White Beans
- Organic Red & Green Cabbage
- Organic Chards
- Organic Leeks
- Organic Red & White Spring Onions
- Organic Arugula
- Organic Bok Choy
- Organic Tat Soi
- Organic King Richard Leeks

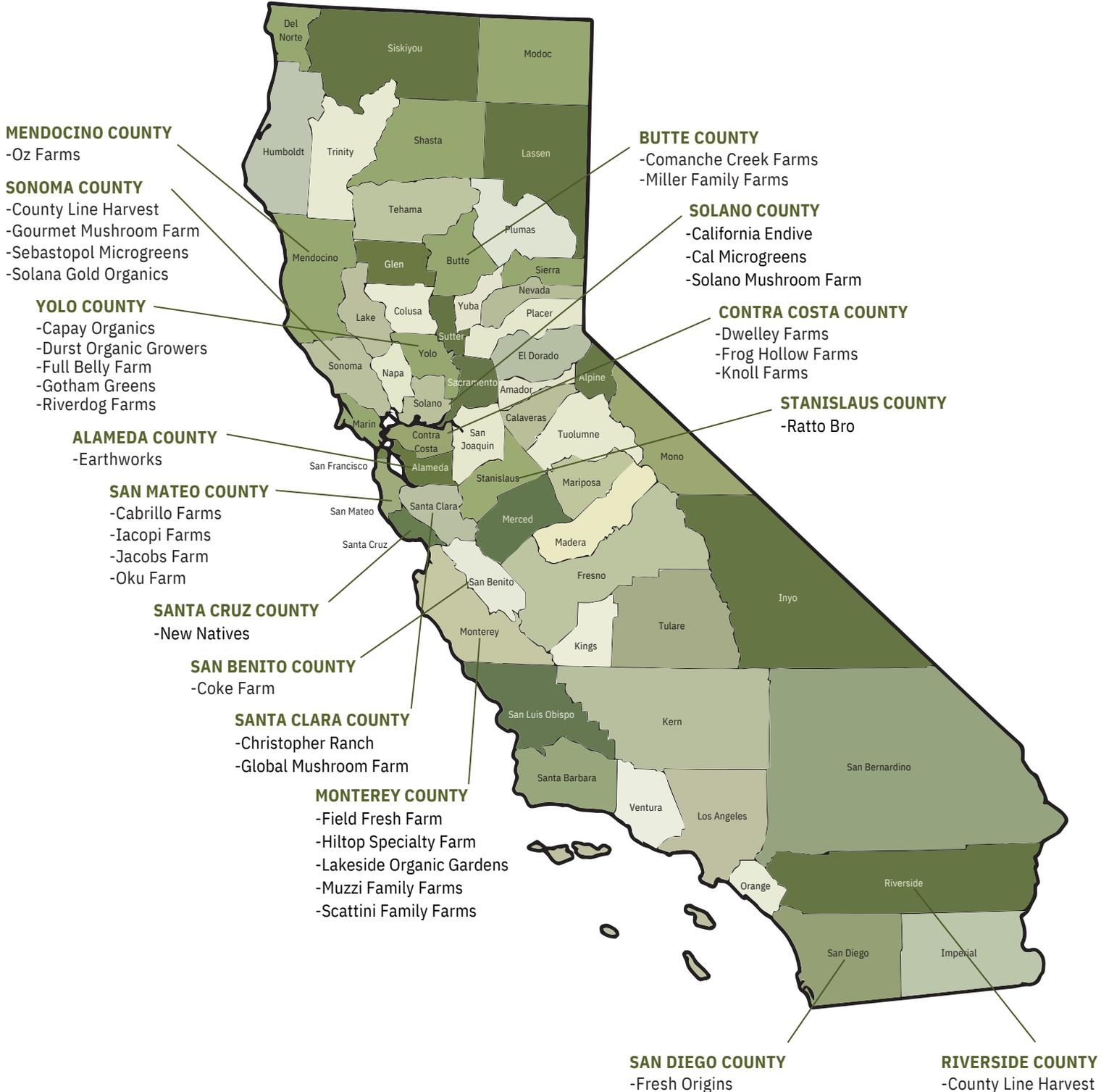


GREENLEAF

Providing Ingredients that Matter

a  chefswarehouse company

Our Outstanding Local Farms



Spring Seasonal Items



Spring officially starts on March 19th. During this time, the market is often unstable with price fluctuations, supply gaps, gapping of product, and quality variances. Most of the variation is weather related due to frost, hail, rain, and wind, which can impact fragile buds, leaves, and shoots. Our experienced buyers are especially careful when picking product to bring in at this time of year. Longstanding relationships and timing are everything in procuring high quality product during spring.

Asparagus, Artichokes, English Peas, Fava Beans, Green Garlic, Green Strawberries, Rainbow Carrots, and Spring Onions all begin to appear in late March then reach their peak towards the end of April. Our forager partners find Fiddleheads, Morels, Nettle, and Ramps that grow wild. Mushrooms of the season include Chanterelle and Morel. Fruit choices are limited. You may find some imported and/or local Charantais Melons, Red Muscat Grapes, Mangos, Rhubarb, Strawberries, and Tangelos. California bush berry season (Raspberry and Blackberry) does not begin to flush out until late May. Local Apricots, Cherries, and Figs will also appear in late May, as spring is the kick off to amazing summer produce.

TOP MENU PICKS

Fruits:

Rhubarb
Murcott Mandarins
Minneola Tangelos
Green Strawberries

Vegetables:

Asparagus
Baby Carrots
Baby Turnips
Bunched Dandelions
Easter Egg Radishes
Fava Beans
Fiddlehead Ferns
Ramps
Green Garlic
Leeks
Leaves: Fava, Fig,
Horseradish, and Pea
Nettle
Rapini Mix
Shelling Peas
Spring Onions
Varietal Rabes

Spring Seasonal Items

ARTICHOKES: A full range of sizes are in season, including super baby to 12 count cases. With luck, Purple Artichokes will be available this year to enhance your options. We are hoping for a return of Scattini Farms Artichokes to further increase our offerings. The prime season runs through May. Issues may occur if cold and wet weather hamper production or picking. The number of artichoke growers has declined severely over the past few years, adding to supply constraints. Fall will see a second flush of flower buds if summer heat has not been too fierce.

ASPARAGUS: This spring favorite can now be sourced locally. Green, Delta, and Purple varieties show up in excellent condition during this time of year. We also carry a variety of sizes such as large and jumbo. Expect high quality that usually runs until May.

BERRIES: Strawberries begin to have higher sugar levels and better flavor as the weather starts to warm up. Boysenberries have a short season during this period. California Blueberries start up around the end of May.

ONIONS: Spring, Red, and White Onions are in full swing as days grow longer and warmer. Imported Cippolini Onions will hopefully hold through August, while the local crop generally appears in early summer. Ramps show up from the East Coast and are a wonderful and pungent addition to any menu. Pickle them to keep them all year long, as their season is very short. Green Garlic is also in high supply for spring.

MUSHROOMS: Domestic Morels start popping up and drawing in demand, while Hedgehog Mushrooms and local Chanterelles are finishing. With luck, there is occasionally a short streak of Porcini Mushrooms.

STONE FRUIT: Early Cherries and Apricots are available with light sugar and flavor. Similarly, Nectarines and Peaches from Southern California are just starting up and can vary in ripeness. Cherries and other stone fruits start hitting their stride later in summer.

POTATOES: Spring is typically a transition time of year for Potatoes. After Washington State spuds end, Florida crops tide us over until California crops start. Kennebecs are a particular concern as stored product declines in quality and new crops are often slow to come on.

SPRING CHEESES: Spring fruits and veggies bring a great opportunity to change up your cheese board or cheese options. Goat cheese will pair perfectly with spring vegetables like Artichokes, Asparagus, and Spring Onions. Local purveyor, Cypress Grove, offers Purple Haze Chevre, which is a goat's milk cheese disc that has a distinct blend of lavender and fennel, making it perfect for your spring menu.

Spring Fruits

Fruit	Growing Region	Availability
Apricots	Fresno, California	May - July
Bergamots	Tulare, California	January - Mid May
Blueberries	San Luis Obispo, California	Early May
Charantais	Dominican Republic	March - April
Cherries, Bing	Tulare, California	June - July
Dates, Barhi	Riverside, California	Year Round
Dates, Medjool	Riverside, California	Year Round
Figs, Adriatic	Contra Costa, California	May - June
Figs, Black Mission	San Diego, California	May - June
Figs, Brown Turkey	Arizona	May - June
Grapefruit, Rio Star	Texas	January - March
Grapes, Red Muscat	Chile	March - May
Kiwi	Butte, California	January - Mid April
Kumquat	California/Florida	January - August
Lemon, Meyer	San Benito, California	January - May
Lime, Key	Mexico	Year Round

Key:  = Grown outside of California, but inside U.S.  = Grown outside US
All others = Grown in California

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Spring Fruits

Fruit	Growing Region	Availability
Limequat	Peru/Mexico/Brazil	January - July
Lychees	Mexico	May - September
Mandarins, Page	Tulare County, California	January - March
Mangoes	Peru/Mexico/Brazil	Year Round
Mangoes, Manila	Mexico	March - September
Melons, Cantelope	Fresno, California	May - October
Oranges, Blood, Moro	Kern, California	January - April
Oranges, Juicing	California/Texas/Mexico	Year Round
Oranges, Navel	Kern, California	January - April
Oranges, Valencia	Tulare, California	May - December
Papaya, Strawberry	Hawaii	Year Round
Passion Fruit	California/New Zealand	Year Round
Peaches, White/Yellow	Fresno, California	May - August
Pears, Cactus	California/Mexico	January - March
Pears, Comice	Pacific Northwest/Chile	January - March
Pineapple	Hawaii/Costa Rica	Year Round

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Fruit	Growing Region	Availability
Plums	Fresno, California	May - September
Rhubarb, Field Grown	Oregon	Mid March - September
Strawberries	Monterey, California	Year Round
Strawberries, Organic	San Benito, California	Mid April - September
Tamarillo, Red/Gold	New Zealand	May - July
Tangelos, Daisy	Tulare, California	January - March
Tangerines, Minneola	Tulare, California	January - April
Tangerines, Pixie	Santa Barbara, CA	March - May

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Spring Vegetables

Vegetables	Growing Region	Availability
Almonds, Green	Contra Costa, California	April - May
Artichokes	Monterey, California	March - May
Asparagus	Stanislaus, California	Mid March - Mid May
Asparagus, Purple	California/Mexico	Mid March - Mid May
Asparagus, White	South America	Year Round
Avocado	San Diego, California	January - June
Beans, Blue Lake	California, Mexico	Year Round
Beans, Fava	Mexico	May - October
Beans, Fava	San Mateo, California	Mid April - Mid October
Beans, Romano	Contra Costa California	Late May - Mid October
Beans, Yellow Wax	Monterey, California	May - October
Broccoli Rabe	Monterey, California	Year Round
Broccoli, Gai Lan	Fresno, California	Year Round
Broccoli, Sweet Baby	Monterey, California	Year Round
Burdock Root	San Benito, California	Year Round
Cardoon	Contra Costa, California	January - March

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Vegetables	Growing Region	Availability
Cauliflower, Florentino	Monterey, California	Year Round
Celery Root	San Benito, California	April - August
Chicories	Sonoma, California	January - April
Chicories, Mixed	Sonoma, California	January - April
Corn, White/Yellow	Contra Costa, California	April - September
Cucumber, English	California/Mexico	Year Round
Cucumber, Japanese	Monterey, California	Year Round
Dandelion Greens, Baby	Sonoma, California	February - May
Dandelion, Red	Sonoma, California	Mid January - Mid May
Endive, Mixed	California	Year Round
Escarole	Ventura, California	Year Round
Fava Leaves	Contra Costa, California	Mid February - Mid May
Fennel	San Luis Obispo, California	Year Round
Fennel, Baby	Mexico	Year Round
Fennel Pollen, Wild	Hawaii	Year Round
Fiddlehead Ferns	Pacific Northwest., Eastern U.S.	Mid March - Late April
Florentino	Monterey, California	March - December

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Vegetables	Growing Region	Availability
Frisee	Thermal, California	March - May
Garlic, Green	Contra Costa, California	January - May
Greens, Braising	Riverside, California	January - Mid April
Hearts of Palm	Costa Rica	Year Round
Horseradish Root	U.S.	January - Mid April
Kale, Lacinato	Riverside, California	January - Mid April
Kohlrabi, Green/Purple	Contra Costa, California	Mid February - Mid May
Leeks	San Luis Obispo, CA	Year Round
Lettuce, Baby Mixed	Riverside, California	April - November
Lettuce, Miners	Humboldt, California	February - Early May
Lettuce, Speckled	Sonoma, California	February - Early May
Micro Bull's Blood	San Diego, California	March - Mid May
Mizuna	Imperial, California	Year Round
Mushrooms, Black Trumpets	California/Oregon	January - Late April
Mushrooms, Chanterelle	California/Oregon	January - Late April
Mushrooms, Hedgehog	Humboldt, California	Year Round

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Vegetables	Growing Region	Availability
Mushrooms, Hen of the Wood	San Diego, California	Year Round
Mushrooms, Morel	California/Oregon	May - Mid August
Mushrooms, Porcini	Siskiyou, California	May - Mid June
Nettles, Stinging	Contra Costa, California	February - Late April
Onions, Red Torpedo	Yolo, California	February - March
Onions, Vidalia	Georgia	May - June
Onions, White Spring	Monterey, California	January - Mid May
Pan di Zuccherho	Sonoma, California	January - July
Pea Tendrils	San Benito, California	February - Mid May
Peas, English	San Mateo, California	March - May
Peas, English, Iacopi	San Mateo, California	April - September
Peas, Sugar Snap	Mexico	March - Mid May
Peppers, Pasilla	California/Mexico	Year Round
Potatoes, French Fingerling	California/Idaho	Year Round
Potatoes, German Butterball	California/Montana	May - September
Potatoes, Purple Peruvian	Idaho	January - Mid May

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Potatoes, Ruby Crescent	Oregon	Year Round
Potatoes, Sweet, Okinawa	Hawaii	January - Mid April
Potatoes, Yellow Fin	Yolo, California	May - September
Potatoes, Yukon Gold	California/Washington	Year Round
Radicchio, Treviso	Monterey, California	Year Round
Radish, Black Spanish	San Benito, California	May - September
Radish, Easter Egg	San Benito, California	Year Round
Radish, French Breakfast	California/Mexico	Year Round
Radish, Watermelon	San Benito, California	January - February
Ramps	Michigan	April - Late May
Rhubarb	Washington/Oregon	January - April
Rutabaga	California/Oregon	Year Round
Spinach, Baby	Monterey, California	May - Mid October
Spinach, Bloomsdale	Riverside, California	January - Mid March
Squash Blossoms, Male	San Benito, California	March - Mid August
Squash, Grey/Lebanese	San Luis Obispo, California	May - July

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Vegetables	Growing Region	Availability
Sunchokes	San Benito, California	January - Mid April
Tomatoes, Tasti Lee	Mexico	November - April
Turnips, Baby	San Luis Obispo, California	Year Round
Turnips, Baby, Scarlet	Riverside, California	May - November
Turnips, Scarlett	San Benito, California	January - Mid April
Watercress, Living	Ventura, California	April - November
Yams, Garnet	Stanislaus, California	January - April

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