



GREENLEAF

Providing Ingredients that Matter

**SUMMER
SEASONAL
GUIDE**

2024

a  **chefswarehouse** company



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Our Outstanding Local Farms



Local Farms

BABE FARMS

Santa Barbara, CA

- Baby Beets
- Baby French Carrots
- Baby Mixed Carrots
- Baby Fennel
- Baby Leeks
- Baby Head Lettuces
- Baby Turnips
- Easter Egg Radishes
- French Breakfast Radishes
- Little Gem Lettuce
- Parsley Root
- Red Frill Mustard Greens

CABRILLO FARMS

San Mateo County, CA

- Brussels Sprouts

CAPAY ORGANICS

Yolo County, CA

- Organic Beans
- Organic Broccoli di Ciccio
- Organic Chards
- Organic Black Mission Figs
- Organic Candy Stripe Figs
- Organic Lacinato Kale
- Organic Baby Mixed Lettuce
- Organic Leeks
- Organic Melons
- Organic Nectarines
- Organic Peaches
- Organic Heirloom Tomatoes

COKE FARM

Monterey County, CA

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

COMANCHE CREEK FARMS

Butte County, CA

- Organic Purple Beans
- Organic Shelling Beans
- Organic Hot Chiles
- Organic Cucumbers
- Organic Black Figs
- Organic Candy Stripe Figs
- Organic Toybox Figs
- Organic Fig Leaves
- Organic Cherry Tomatoes
- Organic Heirloom Tomatoes
- Organic Peppers
- Organic Squash

EARTHWORKS

Alameda County, CA

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

FIELD FRESH FARM

Monterey County, CA

- Wild Arugula
- Baby Spinach
- Spring Mix

FRESH ORIGINS

San Diego County, CA

- Specialty Micro Greens
- Petite Micro Greens

FULL BELLY FARM

Yolo County, CA

- Organic Carrots
- Organic Corn
- Organic Green Garlic
- Organic Asian Greens
- Organic Wild Mustard Greens
- Organic Red Russian Kale
- Organic Leeks
- Organic Melons
- Organic Mizuna
- Organic Onions
- Organic Spring Onions
- Organic Potatoes
- Organic Baby Turnips

Local Farms

FROG HOLLOW FARM

Brentwood, CA

- Organic Apricots
- Organic Mulberries
- Organic Nectarines
- Organic Peaches
- Organic Plums
- Organic Pluots

HILLTOP FARM

Santa Clara County, CA

- Bay Laurel Leaves
- Chervil
- Chives
- Chive Blossoms
- Dill
- Epazote
- Lemon Verbena
- Lavender
- Marjoram
- Oregano
- Thyme
- Tarragon

IACOPI FARM

Half Moon Bay, CA

- Cranberry Beans
- Fava Beans
- Italian Butter Beans
- Peas

JACOBS FARM

San Mateo County, CA

- Organic Toybox Cherry Tomatoes
- Organic Flowers
- Organic Herbs

KNOLL FARMS

Contra Costa County, CA

- Organic Royal Blenheim Apricots
- Organic Black Mission Figs
- Organic Brown Turkey Figs
- Organic Kadota Figs
- Organic Green Garlic
- Organic Herbs
- Organic Pea Leaves

LAKESIDE ORGANIC GARDENS

Monterey County, CA

- Organic Broccoli
- Organic Cauliflower
- Organic Celery
- Organic Cilantro
- Organic Cucumbers
- Organic Leeks
- Organic Bell Peppers
- Organic Radicchio

NEW NATIVES

Santa Cruz County, CA

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

RATTO BROS

Modesto County, CA

- Apricots
- Red Beets
- Cherries
- Green Chard
- Rainbow Chard
- Collard Greens
- Green Kale
- Lacinato Kale
- Leeks
- Nectarines
- Peaches
- Plums

RIVERDOG FARMS

Monterey County, CA

- Organic Arugula
- Organic White Beets
- Organic Red & Green Cabbage
- Organic Chards
- Organic Eggplants
- Organic Greens
- Organic Leeks
- Organic Red & White Spring Onions
- Organic Peppers
- Organic Summer Squash
- Organic Cherry Tomatoes
- Organic Heirloom Tomatoes

Top Menu Picks



The Summer Solstice arrives on June 21st and the heat of summer hastens the harvest of local beans, berries, corn, figs, melons, new crop potatoes, and summer squash.

While we always hope for perfect weather conditions, Mother Nature has the final say. This year, months of rain in late winter and early spring delayed the planting of row crops. Excessive summer heat will cause crops such as arugula, lettuces, spinach, and heirloom tomatoes to suffer. We are expected to have an excellent stone fruit season this year.

Fruits:

- Blackberries
- Blueberries
- Gooseberries
- Strawberries
- Raspberries
- Figs: Adriatic, Black Mission, Brown Turkey, Candy Stripe
- Apricots
- Cherries
- Nectarines
- Peaches
- Plums
- Melons
- Zante Grapes

Vegetables:

- Arugula
- Beans: String, Shelling
- Broccoli Rabe
- Cauliflower
- Corn
- Cucumbers
- Eggplants
- Lettuces
- Onions
- Peppers: Sweet, Hot
- Peas: English, Snap
- Potatoes
- Summer Squashes
- Squash Blossoms
- Tomatoes: Heirloom, Caprese, and Cherry

Summer Seasonal Items

BEANS

Commencing in late spring/early summer, local fields produce crunchy, velvety options in various colors, shapes, and sizes. Some of these varieties include French, Purple, Romanos, and Blue Lakes. Toward the end of summer, shelling beans begin with Cranberry, then Cannelini, and later with the likes of Flageolet.

BERRIES

Blueberries start as a half pint pack and shift to full pints as the season progresses and the crop fleshes out. Look for local varietal blackberries and raspberries. Strawberries move to the smaller, more flavorful varieties. Gooseberries make their brief appearance, mostly coming from Oregon.

CITRUS

Summer is not a great time of year for citrus. There are four primary growing districts in California that we move between during summer, shopping for the best quality and value. You will see this crop-in-transition impact on pricing, as with every out of season crop. Lemons suffer the most at this time, and Meyer Lemons fade away. What little available is often less than prime, with erratic in size and often soft. We will source lemons from Chile for the summer until the fall. Limes will be the most reliable citrus option, with great taste and full of juice.

FIGS

The major fig season begins in mid-summer and runs as late as November for certain varieties. Frost or heavy rains will affect the quality and availability of figs in the fall. Prior to the California crop starting, we occasionally source figs from Arizona. An Arizona picking sometimes covers the local fig gap in mid-summer.

MUSHROOMS

Morels from the Pacific Northwest often run through summer. Other Summer Mushrooms include Chanterelles, Hen of the Woods, Lobster, and some Porcini. Cultivated Mushrooms can be impacted by excessive heat and supplies may be interrupted as growers adapt to higher temperatures.

MELONS

Melons can start as early as May from the desert, but these are rarely full of sugar. The best flavor and variety comes by mid-June. Local melon season can run into October depending on warm weather. Generally, the best of the season is in June until early September.

STONE FRUIT

The season for our local cherries is fairly short and will continue with fruit from Oregon and Washington. Bings typically start in late May, followed by Rainiers in June. During the summer months, California-grown apricots, nectarines, peaches, plums, and pluots get better as the season progresses.

TOMATOES

Prime local tomato season is early-mid July through late September. Every year sees new varieties and different farmers trying their hand at heirlooms. We sell both mixed flats and dedicated single varietal packs. The Toy Box Cherry Tomato pack is a perennial favorite as you will find the most satisfying flavor from the smaller fruit. We also have a Caprese mix available, which is a mid-size heirloom mix.

	MAY	JUNE	JULY	AUGUST	SEPTEMBER
APPLES					
FUJI	○	○	○	○	○
GALA	○	○	○	○	○
GRAVENSTEIN	●	●	○	○	●
PINK LADY	○	○	○	○	○
RED DELICIOUS	◐	◐	◐	◐	◐
ARTICHOKES					
SMALL, LOOSE	○	○	○	○	○
ASPARAGUS					
GREEN	○	○	●	●	●
PURPLE	○	○	●	●	●
WHITE	◎	◎	◎	◎	◎
AVOCADOS					
AVOCADOS	○	○	○	◎	◎
BEANS					
BLUE LAKE	◎	◎	◎	◎	◎
CANNELINI	●	○	○	○	○
CRANBERRY	●	○	○	○	○
FAVA	○	○	○	○	○
FLAGOLET	●	○	○	○	○
FRENCH	○	○	○	○	○
LIMA	○	○	○	○	○
PURPLE	○	○	○	○	○
ROMANO	○	○	○	○	○
BERRIES					
BLACKBERRIES	●	●	○	○	○
BLUEBERRIES	○	○	◐	◐	◐
GOOSEBERRIES	●	◐	◐	●	●
HUCKLEBERRIES	●	●	●	◐	◐

○ Available from California ◐ Available from the US ◎ Available Outside of the US ● Not Available

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BERRIES					
RASPBERRIES	●	○	○	○	○
STRAWBERRIES	○	○	○	○	○
BROCCOLI					
BROCCOLI RAAB, BABY	●	●	●	○	○
CHINESE, GAI LAN	○	○	○	○	○
SWEET BABY BROCCOLI	○	○	○	○	○
CABBAGE					
CONICAL	●	●	●	○	○
GREEN	○	○	○	▨	▨
NAPA	○	○	○	▨	▨
WHITE	○	○	○	▨	▨
CARROTS					
ROUND, BABY	○	◎	◎	◎	◎
CAULIFLOWER					
CAULIFLOWER	○	○	○	○	○
SWEET BABY CAULIFLOWER	○	○	○	○	○
CHICORIES					
CASTELFRANCO	○	○	○	○	○
ENDIVE, MIXED	○	○	○	○	○
ESCAROLE	○	○	○	○	○
RADICCHIO	●	○	○	○	○
CITRUS					
GRAPEFRUIT, MARSH RUBY	○	○	○	○	○
LIME, KEY	◎	◎	◎	◎	◎
ORGANGES, JUICING	◎	◎	◎	◎	◎
ORANGES, VALENCIA	○	○	○	○	○
CORN					
BI-COLOR	●	○	○	○	○

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CORN					
RED	●	●	○	○	●
WHITE	○	○	○	○	○
YELLOW	○	○	○	○	○
CUCUMBERS					
ENGLISH	○	○	○	○	○
JAPANESE	●	○	○	○	○
LEMON	●	○	○	○	○
PERSIAN	●	●	○	○	●
DATES					
BARHI	○	○	○	○	○
WHITE	○	○	○	○	○
EGGPLANT					
CHINESE	○	○	○	○	○
GLOBE	○	○	○	○	○
GREEN THAI	○	○	○	○	○
INDIAN	○	○	○	○	○
ITALIAN	○	○	○	○	○
JAPANESE	○	○	○	○	○
MIXED, ORGANIC	●	●	○	○	○
PALOMA, WHITE	●	○	○	○	●
ROSA BIANCA	●	●	●	○	○
FIGS					
ADRIATIC	○	○	○	○	○
BLACK MISSION	○	○	○	○	○
BROWN TURKEY	●	○	○	○	○
CANDY STRIPE	●	●	○	○	○
KADOTA	●	●	○	○	○

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GARLIC					
GARLIC	○	○	○	○	○
BLACK	○	○	○	○	○
ELEPHANT	○	○	○	○	○
SCAPES	●	●	◐	●	●
GRAPES					
CONCORD	●	●	●	○	○
MUSCAT	●	●	●	○	○
PEONY	●	●	●	○	○
ZANTE	●	●	○	○	○
GREENS					
AGRETTI	○	○	○	○	○
ARTISAN MIX	○	○	○	○	○
ARUGULA	○	○	○	○	○
CHARD, GREEN	○	○	○	○	○
CHARD, RAINBOW	○	○	○	○	○
COLLARD GREENS	○	○	○	○	○
LITTLE GEM	○	○	○	○	○
LOLLO ROSA	○	○	○	○	○
MEGA BLEND	○	○	○	○	○
MIZUNA	○	○	○	○	○
MUSTARD GREENS	○	○	○	○	○
SPINACH, BABY	○	○	○	○	○
SPRING MIX	○	○	○	○	○
LEAVES					
WATERCRESS	○	○	○	○	○
FIG	●	○	○	○	●
LEEKS					
LEEKS	○	○	○	○	○

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LEEKS					
LEEKS, BABY	●	○	○	○	○
LETTUCE					
BABY MIXED	○	○	○	○	○
BUTTER	○	○	○	○	○
ICEBERG	○	○	○	○	○
ROMAINE, GREEN	○	○	○	○	○
ROMAINE, RED	○	○	○	○	○
MELONS					
AMBROSIA	●	●	○	○	○
CANTALOPE	●	○	○	○	○
CHARENTAIS	●	○	○	○	○
GALIA	●	○	○	○	●
GODDESS	●	○	○	○	○
HONEYDEW	●	○	○	○	○
PIEL DE SAPO	●	○	○	○	●
SHARLYN	●	○	○	○	○
TOYBOX	●	○	○	○	○
WATERMELON, BLACKJACK	●	○	○	○	●
WATERMELON, ORANGE	●	●	○	○	○
WATERMELON, SEEDLESS	●	○	○	○	○
WATERMELON, YELLOW	●	○	○	○	●
WATERMELON, YELLOW DOLL	●	○	○	○	●
MUSHROOMS					
HEN OF THE WOOD	▨	▨	▨	▨	▨
LOBSTER	●	●	●	▨	▨
MOREL	▨	▨	▨	▨	●
PORCINI	○	○	●	●	●

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ONIONS					
CIPPOLINI	●	●	○	○	●
RED SPRING	○	○	●	●	●
TORPEDO	●	○	○	●	●
VIDALIA	▨	▨	●	●	●
PEARS					
ASIAN, HOSUI	●	●	●	○	○
ASIAN, SHINKO	●	●	●	○	○
BARTLETT	●	●	●	○	○
CACTUS	◎	◎	◎	◎	◎
FRENCH BUTTER	●	●	●	▨	▨
SECKLE	●	●	●	▨	▨
TAYLOR GOLD	●	◎	◎	●	●
PEAS					
BLACK-EYE	●	●	○	○	●
SNAP, STRINGLESS	○	○	○	○	○
SNAP, PURPLE	●	●	●	○	○
SNOW, PURPLE	○	○	○	○	○
PEPPERS					
BELL	●	○	○	○	○
CORNO DI TORO	●	○	○	○	○
FLAMING FLARE (CHILES)	●	○	○	○	○
GYPSY, RED/YELLOW	●	○	○	○	○
HABANERO	◎	◎	◎	◎	◎
JIMMY NARDELO	●	○	○	○	○
LIPSTICK	●	○	○	○	○
PADRON	●	○	○	○	○
PASILLA	◎	◎	◎	◎	◎
PIMIENTO	●	○	○	○	○

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PEPPERS					
SWEET, MIXED	●	○	○	○	○
POMEGRANATES					
POMEGRANATES	●	●	●	○	○
POTATOES					
FRENCH FINGERLING	▨	▨	▨	▨	▨
GERMAN BUTTERBALL	▨	▨	▨	▨	▨
OKINAWA SWEET	●	●	●	●	○
PURPLE PERUVIAN	▨	▨	▨	▨	▨
YELLOW FINN	○	○	○	○	○
YUKON GOLD	▨	▨	▨	▨	▨
ROOTS					
BEETS, CHIOGGIA	○	○	○	○	○
BEETS, CHIOGGIA (BABY)	○	○	○	○	○
BEETS, GOLD	○	○	○	○	○
BEETS, GOLD (BABY)	○	○	○	○	○
BEETS, RED	○	⦿	⦿	⦿	○
BEETS, RED (BABY)	○	○	○	○	○
BURDOCK	○	○	○	○	○
FENNEL	○	○	○	○	○
FENNEL, BABY	○	○	○	○	○
TURNIPS, BABY	○	○	○	○	○
TURNIPS, SCARLETT (BABY)	○	○	○	○	○
TURNIPS, WHITE (BABY)	○	○	○	○	○
RADISH, BLACK SPANISH	○	○	○	○	○
RADISH, EASTER EGG	○	○	○	○	○
RADISH, FRENCH BREAKFAST	⦿	⦿	⦿	⦿	⦿
RADISH, WATERMELON	○	○	○	○	○
RUTABEGA	▨	▨	▨	▨	▨

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RHUBARB					
FIELD GROWN	🇺🇸	🇺🇸	🇺🇸	🇺🇸	🇺🇸
SPECIALTY					
FENNEL POLLEN, WILD	○	○	○	○	○
HEARTS OF PALM	🇺🇸	🇺🇸	🇺🇸	🇺🇸	🇺🇸
LYCHEES	🇺🇸	🇺🇸	🇺🇸	🇺🇸	🇺🇸
QUINCE	●	●	○	○	○
SALSIFY	🇺🇸	●	●	●	○
TOMATILLOS	🇺🇸	🇺🇸	🇺🇸	🇺🇸	🇺🇸
SPROUTS					
BEAN	○	○	○	○	○
CLOVER	○	○	○	○	○
DAIKON	○	○	○	○	○
PEA	🇺🇸	🇺🇸	🇺🇸	🇺🇸	🇺🇸
SUNFLOWER	○	○	○	○	○
WHEAT GRASS	○	○	○	○	○
STONE FRUIT					
APRICOTS	○	○	○	●	●
APRICOTS, ROYAL BLENHEIM	○	○	○	●	●
APRIUMS	○	○	●	●	●
CHERRIES, BING	●	○	○	🇺🇸	🇺🇸
CHERRIES, CORAL CHAMPAGNE	○	○	●	●	●
CHERRIES, RAINIER	●	○	○	🇺🇸	🇺🇸
CHERRIES, RED	○	○	●	●	●
CHERRIES, TIOGA	○	○	●	●	●
NECTARINES, ARCTIC ROSE	●	○	○	○	○
NECTARINES, WHITE	●	○	○	○	○
NECTARINES, YELLOW	●	○	○	○	○
PEACHES, CAL RED	○	○	○	○	○

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STONEFRUIT					
PEACHES, CONVENTIONAL	○	○	○	○	●
PEACHES, ELEGANT LADY	○	○	○	○	●
PEACHES, GOLD DUST	○	○	○	○	●
PEACHES, O' HENRY	○	○	○	○	●
PEACHES, ORGANIC	○	○	○	○	●
PEACHES, RICH LADY	○	○	○	○	●
PEACHES, SUN CREST	○	○	○	○	●
PEACHES, SUMMER SET	○	○	○	○	●
PEACHES, WHITE	○	○	○	○	●
PEACHES, ZEE LADY	○	○	○	○	●
PLUMS, BLACK	●	○	○	○	○
PLUMS, ELEPHANT HEART	●	●	●	○	○
PLUMS, FRENCH PRUNE	●	●	○	▨	▨
PLUMS, ITALIAN PRUNE	●	●	○	▨	▨
PLUMS, RED	●	○	○	○	○
PLUMS, SANTA ROSA	●	○	○	●	●
PLUOTS, FLAVOR KING	●	●	○	○	●
PLUOTS, FLAVOR ROSA	●	●	●	○	○

TOMATOES					
CAPRESE	●	○	○	○	●
CHERRY, TOYBOX	●	○	○	○	○
EARLY GIRL	●	●	○	○	○
GOLDEN NUGGET	●	○	○	○	○
GREEN	◎	○	○	○	○
GREEN ZEBRA	●	○	○	○	○
HEIRLOOM	●	○	○	○	○
LEMON BOY	●	○	○	○	○
MARVEL STRIPE	●	○	○	○	○

○ Available from California ▨ Available from the US ◎ Available Outside of the US ● Not Available

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	MAY	JUNE	JULY	AUGUST	SEPTEMBER
TOMATOES					
ROMA	●	○	○	○	○
SUN GOLD	◎	○	○	○	○
SWEET 100	◎	○	○	○	○
TROPICALS					
MANGOES	◎	◎	◎	◎	◎
MANGOES, MANILA	◎	◎	◎	◎	◎
PAPAYA	◎	◎	◎	◎	◎
PASSION FRUIT	◎	◎	◎	◎	◎
PINEAPPLE	◎	◎	◎	◎	◎
STARFRUIT	◎	◎	◎	◎	◎
TAMARILLO, RED/GOLD	◎	◎	◎	●	●
SQUASH					
COSTATA ROMANESCO	○	○	○	○	○
GOLD BAR ZUCCHINI	○	○	○	○	○
RONDE DE NICE	○	○	○	○	○
SQUASH BLOSSOMS	○	○	○	○	●
STRAIGHT NECK	○	○	○	○	○
SUNBURST	○	○	○	○	○
TOYBOX	○	○	○	○	○
ZUCCHINI	○	○	○	○	○
YAMS					
GARNET	●	●	●	○	○
JAPANESE SWEET	●	●	●	○	○

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