



**GREENLEAF**

Providing Ingredients that Matter

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# WINTER SEASONAL GUIDE

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**2024**

a  *chefswarehouse* company

UPDATED 11/1/24

# LOCAL FARM MAP



UPDATED 11/1/24

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# LOCAL FARMS

SANTA BARBARA, CA

## BABE FARMS

- Baby Beets
- Baby Fennel
- Baby French Carrots
- Baby Leeks
- Baby Mixed Carrots
- Baby Mixed Lettuce
- Baby Purple Carrots
- Baby Round Carrots
- Baby Turnips
- Blonde Frisee
- Easter Egg Radishes
- Fennel
- French Breakfast Radishes
- Green & Red Buttercake Lettuce
- Hidden Rose Apples
- Little Gem Lettuce
- Lollo Rosa
- Mixed Radishes
- Organic Lacinato Kale
- Parsley Root
- Pink Rhone Lettuce
- Purple Ninja Radishes

SAN MATEO COUNTY, CA

## CABRILLO FARMS

- Brussels Sprouts

YOLO COUNTY, CA

## CAPAY ORGANICS

- Organic Chards
- Organic Delicata Squash
- Organic Kale
- Organic Kumquats
- Organic Murcott Mandarins
- Organic Nantes Carrots
- Organic Satsuma Mandarins

MONTEREY COUNTY, CA

## COKE FARMS

- Organic Baby White Turnips
- Organic Beets

- Organic Black Spanish Radishes
- Organic Broccoli Di Ciccio
- Organic Butternut Squash
- Organic Carnival Squash
- Organic Cauliflower
- Organic Celery Root
- Organic Escarole
- Organic Fennel
- Organic Herbs
- Organic Jerusalem Artichokes
- Organic Kale
- Organic King Richard Leeks
- Organic Meyer Lemons
- Organic Puntarelle Chicory
- Organic Purple Sweet Baby Broccoli
- Organic Red Napa Cabbage
- Organic Watermelon Radishes

YOLO COUNTY, CA

## GOTHAM GREENS

- Butterhead Lettuce
- Gourmet Medley Baby Mixed Lettuce

BUTTE COUNTY, CA

## COMANCHE CREEK FARMS

- Organic Baby Mixed Lettuce
- Organic Braising Mix
- Organic Butternut Rugosa
- Organic Collard Greens
- Organic Green & Red Little Gem Lettuce
- Organic Green and Purple Arrowhead Cabbage
- Organic Honeynut Squash
- Organic Honeypatch Squash
- Organic Lacinato Kale
- Organic Mixed Chicories
- Organic Mizuna
- Organic Purple Broccoli Florets
- Organic Rainbow Carrots
- Organic Rainbow Chard
- Organic Red Russian Kale

COACHELLA, CA

## COUNTY LINE HARVEST

- Organic Baby Carrots
- Organic Baby Mixed Lettuce
- Organic Baby White Turnips
- Organic Bloomsdale Spinach
- Organic Broccoli Spigarello
- Organic Casper Kale
- Organic Castelfranco
- Organic Escarole
- Organic Fennel
- Organic Frisee
- Organic Green and Red Butter Lettuce
- Organic Green and Red Little Gem Lettuce
- Organic Lacinato Kale
- Organic Mixed Chicories
- Organic Mixed Salanova Lettuces
- Organic Mustard Greens
- Organic Rainbow Chard
- Organic Red Frill Mustard Greens
- Organic Speckled Romaine

YOLO COUNTY, CA

## DURST ORGANIC GROWERS

- Organic Delicata Squash

MONTEREY COUNTY, CA

## FIELD FRESH FARM

- Organic Baby Spinach

SAN DIEGO COUNTY, CA

## FRESH ORIGINS

- Specialty & Petite Micro Greens

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# LOCAL FARMS

YOLO COUNTY, CA

## FULL BELLY FARM

- Organic Carrots
- Organic Leeks
- Organic Mustard Greens
- Organic Red Russian Kale
- Organic Turnips
- Organic Wheat Berries

CONTRA COSTA COUNTY, CA

## KNOLL FARMS

- Organic Cardoons
- Organic Chicories
- Organic Rosemary

MONTEREY COUNTY, CA

## KNOLL FARMS

- Organic Baby Fennel
- Organic Broccoli
- Organic Cauliflower
- Organic Chards
- Organic Kale
- Organic Nantes Carrots
- Organic Red Beets

SANTA CRUZ COUNTY, CA

## NEW NATIVES

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

MODESTO COUNTY, CA

## RATTO BROS.

- Collard Greens
- Dandelion Greens
- Kale
- Kohlrabi
- Mustard Greens
- Savoy Cabbage

YOLO COUNTY, CA

## RIVERDOG FARMS

- Organic Cabbage
- Organic Chards
- Organic Greens
- Organic Leeks
- Organic Sugar Pie Pumpkins

## ROW 7 SEED COMPANY

- Organic Badger Flame Beets
- Organic Sweet Garleek
- Organic Koginut Squash
- Organic Honeypatch Squash

# TOP MENU PICKS

Winter in Northern California offers a diverse and bountiful array of produce thanks to the region's mild climate. Citrus fruits take center stage during this season with oranges, grapefruits, lemons, mandarins, and kumquats reaching their peak from December through February. Alongside citrus, other winter fruits include kiwis and certain varieties of apples and Asian pears that continue to thrive in the region's temperate winter conditions.

The vegetable selection in Northern California's winter features a wide range of leafy greens and cruciferous vegetables. Kale, chard, and spinach flourish in the cooler temperatures, offering nutrient-dense options for winter salads and cooked dishes. Brassicas like broccoli and Brussels sprouts are at their best during this season, developing sweeter flavors after exposure to frost. Root vegetables such as carrots, beets, and turnips continue to grow throughout the winter, while winter squash varieties harvested in the fall remain available due to their long storage life. Additionally, the mild winter climate allows for the cultivation of unique vegetables like fennel, leeks, and various chicories, including radicchio and endive, which add depth to winter menus.

## FRUITS

- Apples
- Buddah's Hands
- Grapefruits
- Kiwis
- Kumquats
- Lemons
- Limes
- Mandarins
- Oranges
- Pears
- Pomelos
- Tangerines

## VEGETABLES

- Broccoli
- Brussel Sprouts
- Cabbages
- Cardoons
- Chards
- Chicories
- Fennel
- Leeks
- Kales
- Root Vegetables
- Spinach
- Sunchokes
- Winter Squash



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# WINTER SEASONAL ITEMS

## BROCCOLI

Thriving in cooler temperatures, broccoli is a winter staple in Northern California. It's typically harvested from late fall through early spring. Its crisp texture and slightly bitter flavor make it ideal for roasting, steaming, or eating raw in salads.

## BRUSSELS SPROUTS

Brussels sprouts are at their peak from late fall through winter. They are known for their sweet, nutty flavor, especially after exposure to frost. Great for roasting, sautéing, or shredding raw in salads.

## CABBAGE

A hardy winter crop, cabbage thrives in Northern California's cool climate. Its crisp texture and mild flavor make it ideal for slaws, stir-fries, and fermented dishes like sauerkraut. Cabbage's long storage life makes it a valuable winter vegetable.

## CHARD

This leafy green vegetable is cold-tolerant and thrives in Northern California winters. Its slightly bitter leaves and crunchy stems can be sautéed, added to soups, or used raw in salads.

## CHICORIES

Chicories are a diverse group of leafy vegetables that thrive in the cooler months, making them a perfect choice for winter in Northern California. This category includes well-known varieties such as radicchio, escarole, endive, and frisée. Characterized by their distinct bitter flavor and crisp texture, chicories add depth and complexity to both raw and cooked dishes, ultimately serving as a locally-grown alternative to traditional lettuces that may be shipped from warmer regions during winter months. Their versatility allows them to shine in various culinary applications—from salads to hearty soups—making them an essential part of winter cooking in Northern California.

**Radicchio:** Often mistaken for red cabbage, radicchio is a vibrant vegetable with deep red leaves and white veins. Its slightly bitter taste becomes sweeter when exposed to frost, making it ideal for winter salads or grilled as a side dish. The standard round variety, known as Radicchio di Chioggia, is particularly popular for its firm structure and striking color.

**Escarole:** This leafy green resembles a head of lettuce but features thicker leaves that are white at the ribs and dark green at the edges. Escarole has a mildly bitter flavor that mellows when cooked, making it an excellent addition to soups, particularly Italian wedding soup or minestrone. Its robust leaves hold up well in stews and braises.

**Endive:** Known for its elongated shape and leaves, endive has a crisp texture and a slightly bitter taste. It can be enjoyed raw in salads or cooked in various dishes. When roasted or grilled, endive develops a sweet flavor that pairs well with rich ingredients like cheese or bacon.

**Frisée:** This curly-leafed chicory adds visual interest to salads with its frizzy texture. Frisée has a slightly bitter taste that balances well with sweet dressings or ingredients like fruits and nuts. It can also be sautéed or used as a garnish for soups.

## CITRUS FRUIT

**Navel Oranges:** These sweet, seedless oranges are at their peak from December to March. They're known for their bright easy-to-peel skin. Excellent for eating out of hand or using in salads and desserts.

# WINTER SEASONAL ITEMS

## CITRUS FRUIT (CONT.)

**Blood Oranges:** Available from December to March, blood oranges are known for their distinctive deep red flesh and slight berry-like flavor. They're excellent in salads, sauces, and desserts, adding both unique flavor and visual appeal.

**Grapefruits:** Available throughout winter, with a peak in January, grapefruits offer a tart-sweet flavor. They come in pink, red, and white varieties, each with its own unique taste profile.

**Kumquats:** In peak season from December to February, these small, oval citrus fruits are unique because they're eaten whole, peel and all. The peel is sweet while the inside is tart, creating an interesting flavor contrast.

**Mandarins:** Harvested from November to February, mandarins are smaller and sweeter than regular oranges. They have a loose, easy-to-peel skin and are perfect for snacking. Their sweet-tart flavor makes them popular in both fresh eating and cooking.

**Meyer Lemons:** Meyer lemons are harvested throughout the winter months. They are sweeter than other varieties and often used in desserts.

## FENNEL

Fennel thrives during the winter season in Northern California, benefiting from the region's mild climate. Wild fennel, which grows abundantly, offers its distinctive anise-flavored fronds and seeds even after light frosts. Cultivated fennel, particularly the bulb variety, is well-suited for winter harvest, developing sweet, tender bulbs when planted in late summer or early fall. Its resilience in cooler temperatures makes fennel a reliable and flavorful addition to seasonal dishes.

## KALE

A cold-hardy leafy green, kale flourishes in Northern California's winter climate. Its robust texture and slightly peppery taste make it excellent for salads and sautés.

## ROOT VEGETABLES

While available year-round, carrots are particularly sweet when harvested in winter. Northern California's winter carrots are known for their crisp texture and bright flavor. Winter varieties often come in a range of colors, including orange, purple, and yellow. Beets are also at their best in the cooler months. Northern California's winter beets are prized for their earthy sweetness and vibrant colors, ranging from deep red to golden yellow.

## WINTER SQUASH

While technically harvested in fall, many varieties of winter squash such as butternut, acorn, and kabocha store well and are consumed throughout the winter months. These squash offer a sweet, nutty flavor that's perfect for soups, roasts, and baked goods. Their hard shells allow for long storage, making them a reliable winter option.

	DEC	JAN	FEB	MAR
<b>APPLES</b>				
CRAB	○	●	●	●
FUJI	○	○	○	○
GALA	○	○	○	○
LADY	○	●	●	●
OPAL	○	○	○	●
PINK LADY	○	○	○	○
RED DELICIOUS	⊕	⊕	⊕	⊕
RED ROME	⊕	⊕	⊕	●
SIERRA BEAUTY	○	●	●	●
<b>ARTICHOKES</b>				
SMALL, LOOSE	○	○	○	○
CARDOONS	○	○	○	○
SUNCHOKES	○	○	○	○
<b>ASPARAGUS</b>				
WHITE	⊙	⊙	⊙	⊙
<b>AVOCADOS</b>				
AVOCADOS	⊙	⊙	⊙	⊙
<b>BEANS</b>				
BLUE LAKE	⊙	⊙	⊙	⊙
<b>BERRIES</b>				
STRAWBERRIES	○	○	○	○
STRAWBERRIES, ORGANIC	⊙	⊙	⊙	⊙
WHEATBERRIES	○	○	○	○
<b>BROCCOLI</b>				
CHINESE (GAI LAN)	⊙	⊙	⊙	○
ITALIAN SPROUTING	○	○	○	○
PURPLE FLORETS	○	○	○	●
RAAB	○	○	○	○
ROMANESCO	○	○	○	●
SWEET BABY	○	●	●	○
<b>CABBAGE</b>				
BRUSSELS SPROUTS	○	○	○	●
CONICAL	○	○	○	●
GREEN	○	○	○	○
NAPA	○	○	○	○

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	DEC	JAN	FEB	MAR
RED	○	○	○	○
KOHLRABI	○	○	○	○
<b>CARROTS</b>				
FRENCH	○	○	○	○
MAROON	●	⊗	⊗	⊗
NANTES	○	○	○	○
RAINBOW	○	○	○	○
<b>CAULIFLOWER</b>				
CAULIFLOWER	○	○	○	○
FLORENTINO	○	●	●	○
SWEET BABY	○	●	●	○
<b>CHICORIES</b>				
CASTELFRANCO	○	○	○	○
MIXED	○	○	○	●
CHIOGGIA VARIEGATA	○	○	○	●
CUT ITALIAN	○	○	○	●
ENDIVE	○	○	○	○
ESCAROLE	○	○	○	○
INDIVIA RICCIA	○	○	○	●
PUNTARELLE	○	○	○	●
PAN DI ZUCCHERO	○	○	○	○
TARDIVO RADDICCHIO	○	○	○	●
<b>CITRUS</b>				
BERGAMOTS	●	○	○	○
BUDDHA'S HANDS	○	○	●	●
GRAPEFRUIT, COCKTAIL	○	○	○	○
GRAPEFRUIT, ORO BLANCO	○	○	○	●
GRAPEFRUIT, RIO STAR	⊗	⊗	⊗	⊗
KUMQUATS	○	○	○	○
LEMONS, MEYER	○	○	○	○
LIMES, KEY	⊙	⊙	⊙	⊙
LIMES, MAKRUT	●	○	○	●
LIMEQUATS	○	○	○	○
MANDARINS, LEE	○	○	●	●
MANDARINS, PAGE	○	○	●	●
MANDARINS, SATSUMA	○	○	●	●

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	DEC	JAN	FEB	MAR
ORANGES, BLOOD	○	○	○	○
ORANGES, CARA CARA	○	○	○	●
ORANGES, JUICING	⊙	⊙	⊙	⊙
ORANGES, NAVEL	○	○	○	○
ORANGES, SEVILLE	○	○	○	●
ORANGES, VALENCIA	○	●	●	●
POMELOS	○	○	○	●
TANGELOS, MINNEOLA	●	○	○	○
TANGERINES, DAISY	●	○	○	○
TANGERINES, HONEY	●	⊕	⊕	●
TANGERINES, SUNBURST	○	○	●	●
YUZU	○	●	●	●
<b>CUCUMBER</b>				
ENGLISH	○	○	○	○
LEMON	○	●	●	●
<b>DATES</b>				
BARHI (DRY CROP)	○	○	○	○
BARHI (FRESH CROP)	○	●	●	●
MEDJOO	○	○	○	○
<b>EGGPLANT</b>				
CHINESE	⊙	⊙	⊙	⊙
GLOBE	⊙	⊙	⊙	⊙
GREEN THAI	⊙	⊙	⊙	⊙
INDIAN	⊙	⊙	⊙	⊙
ITALIAN	⊙	⊙	⊙	⊙
JAPANESE	⊙	⊙	⊙	⊙
<b>GARLIC</b>				
BLACK	○	●	●	○
CONVENTIONAL	○	○	○	○
ELEPHANT	○	○	○	○
SWEET GARLKEEK	○	●	●	●
<b>GREENS</b>				
AGRETTI	○	○	○	○
ARTISAN MIX	⊕	⊕	⊕	⊕
ARUGULA	⊕	⊕	⊕	⊕
BLOOMSDALE SPINACH	○	○	○	○

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	DEC	JAN	FEB	MAR
BRAISING GREENS	○	○	○	○
DANDELION GREENS	○	○	○	○
KALE, LACINATO	○	○	○	○
KALE, RED RUSSIAN	○	○	○	○
MEGA BLEND	⊕	⊕	⊕	⊕
MIZUNA	○	○	○	○
RED FRILL MUSTARD	○	○	○	○
SPRING MIX	⊕	⊕	⊕	⊕

## LEAVES

FAVA LEAVES	●	●	○	○
STINGING NETTLES	●	●	○	○

## LEEKS

LEEKS	○	○	○	○
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## LETTUCE

MINERS	●	●	○	○
SPECKLED	●	●	○	○

## MELONS

CANTALOPE	⊙	⊙	⊙	●
HONEYDEW	⊙	⊙	⊙	●
WATERMELON, BLACKJACK	⊙	⊙	⊙	●
WATERMELON, YELLOW DOLL	⊙	⊙	⊙	●

## MUSHROOMS

CHANTERELLES	●	⊕	⊕	⊕
CHANTARELLES, BLACK	⊕	⊕	⊕	●
BLACK TRUMPETS	⊕	⊕	⊕	⊕
HEDGEHOG	○	○	○	○
HEN OF THE WOOD	⊕	⊕	⊕	⊕

## ONIONS

RED TORPEDO	●	●	○	○
WHITE SPRING	●	○	○	○

## PEARS

ASIAN, HOSUI	○	○	●	●
ASIAN, SHINKO	○	○	●	●
CACTUS	⊙	⊙	⊙	⊙
COMICE	○	⊕	⊕	⊙

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	DEC	JAN	FEB	MAR
FORELLE	⊕	⊕	●	●
<b>PEAS</b>				
PEA TENDRILS	●	●	○	○
STRINGLESS SNAP	○	○	○	○
<b>PEPPERS</b>				
HABANERO	⊙	⊙	⊙	⊙
PASILLA	⊙	⊙	⊙	⊙
<b>PERSIMMONS</b>				
FUYU	○	●	●	●
HAICHIYA	○	●	●	●
<b>POMEGRANATES</b>				
POMEGRANATES	○	●	●	●
<b>POTATOES</b>				
FINGERLING, BANANA	⊕	⊕	⊕	⊕
FINGERLING, FRENCH	⊕	⊕	⊕	⊕
OKINAWA SWEET	○	○	○	○
PURPLE PERUVIAN	⊕	⊕	⊕	⊕
RUBY CRESCENT	⊕	⊕	⊕	⊕
UPSTATE ABUNDANCE	○	○	○	●
YUKON GOLD	⊕	⊕	⊕	⊕
<b>RHUBARB</b>				
FIELD	●	●	●	⊕
HOT HOUSE	●	⊕	⊕	⊕
<b>ROOTS</b>				
BEETS, BADGER FLAME	○	○	○	●
BEETS, CHIOGGIA	⊙	⊙	⊙	⊙
BEETS, GOLD	●	○	○	○
BEETS, RED	○	○	○	○
BURDOCK ROOT	○	○	○	○
CELERY	○	○	○	○
FENNEL	○	○	○	○
FENNEL, BABY	○	○	○	○
HORSERADISH ROOT	●	⊕	⊕	⊕
PURPLE DAIKON	○	○	○	●
RUTABAGA	⊕	⊕	⊕	⊕
RADISH, BLACK SPANISH	○	○	○	○

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RADISH, EASTER EGG	○	○	○	○
RADISH, FRENCH BREAKFAST	⊙	⊙	⊙	●
RADISH, WATERMELON	○	○	○	○
TURNIPS, BABY	○	○	○	○
TURNIPS, SCARLETT	○	○	○	○
<b>SPECIALTY</b>				
FENNEL POLLEN	○	○	○	○
HEARTS OF PALM	⊙	⊙	⊙	⊙
SALSIFY	○	⊙	⊙	⊙
TOMATILLOS	⊙	⊙	⊙	⊙
QUINCE	○	●	●	●
<b>SPROUTS</b>				
BEAN	○	○	○	○
CLOVER	○	○	○	○
DAIKON	○	○	○	○
PEA	○	○	⊙	⊙
SUNFLOWER	⊙	⊙	○	○
WHEAT GRASS	○	○	○	○
<b>SUMMER SQUASH</b>				
STRAIGHT NECK SQUASH	⊙	⊙	⊙	⊙
ZUCCHINI	○	○	○	○
<b>TOMATOES</b>				
GREEN	●	⊙	⊙	⊙
MIXED HEIRLOOMS	●	⊙	⊙	⊙
SUN GOLD	●	⊙	⊙	⊙
SWEET 100	●	⊙	⊙	⊙
<b>TROPICALS</b>				
KIWIS	○	○	○	○
MANGOES	⊙	⊙	⊙	⊙
PAPAYAS	⊙	⊙	⊙	⊙
PASSION FRUIT	⊙	⊙	⊙	⊙
PINEAPPLES	⊙	⊙	⊙	⊙
STAR FRUIT	⊙	⊙	⊙	⊙
<b>WINTER SQUASH</b>				
DELICATA	○	○	○	●

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GREEN ACORN	○	○	○	●
HONEYNUT	○	○	○	●
HONEYPATCH	○	●	●	●
KOBOCHA	○	○	○	●
KOGINUT	○	○	●	●
<b>YAMS</b>				
GARNET	○	●	●	●
JAPANESE SWEET	○	●	●	●

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