



GREENLEAF

Providing Ingredients that Matter

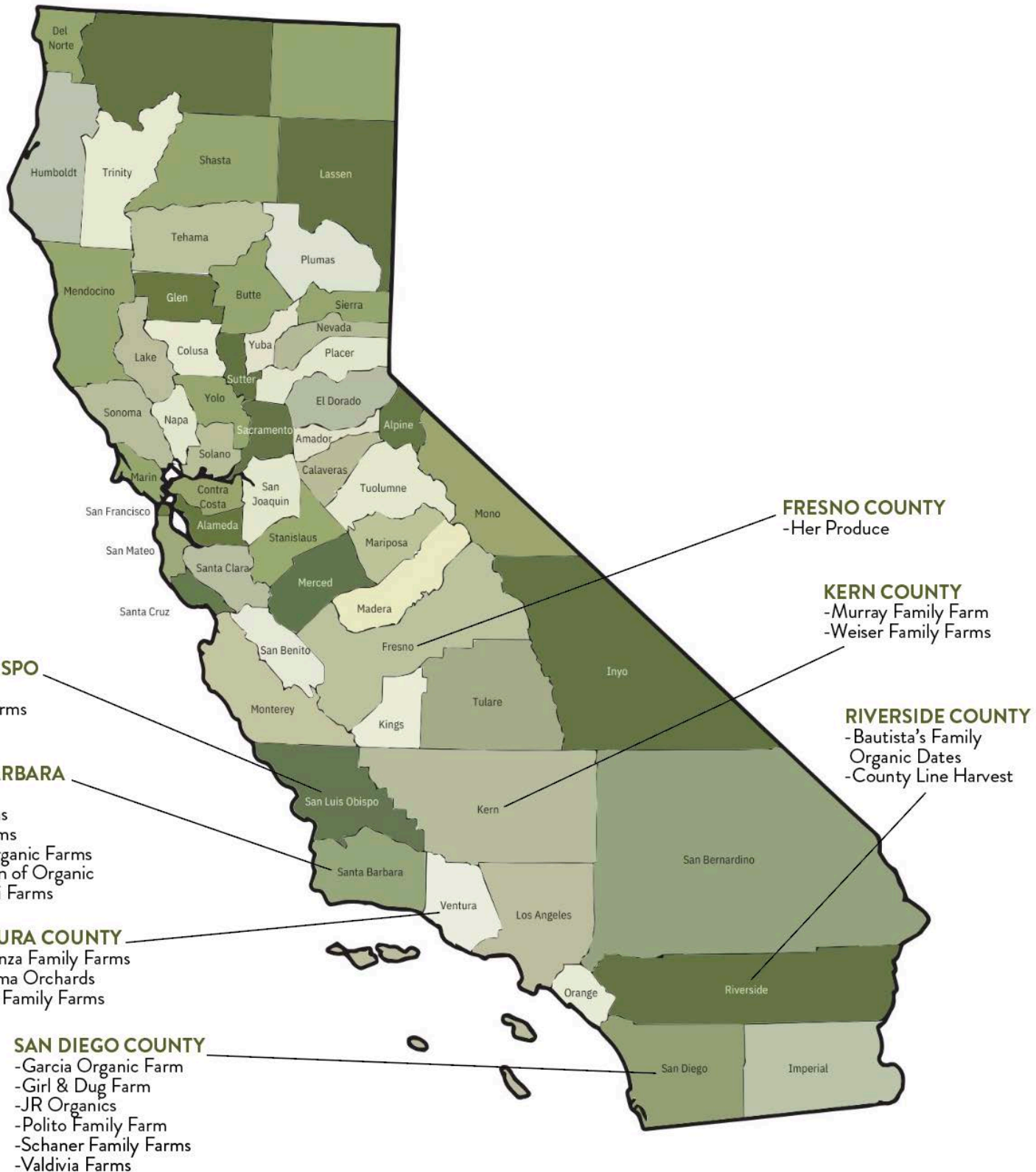
a  *chefswarehouse* company

LOS ANGELES WINTER SEASONAL GUIDE

2024

UPDATED 12/13/24

LOCAL FARM MAP



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LOCAL FARMS

RIVERSIDE COUNTY, CA

BAUTISTA'S FAMILY ORGANIC DATES

- Organic Medjool Dates
- Organic Honey Dates
- Organic Khadrawy Dates
- Organic Halawy Dates

VENTURA COUNTY, CA

CUYAMA ORCHARDS

- Pink Lady Apples
- Fuji Apples

SANTA BARBARA COUNTY, CA

FINLEY FARMS

- Organic Celery
- Organic Gem Lettuce
- Organic Salanova Lettuce
- Organic Sprouting Cauliflower
- Organic Sprouting Broccoli

SAN DIEGO COUNTY, CA

GARCIA ORGANIC FARM

- Organic Satsuma Mandarins
- Organic Page Mandarins
- Organic Cocktail Grapefruit
- Organic Oro Blanco Grapefruit
- Organic Mini Kishu Mandarins
- Organic Cara Cara Oranges
- Organic Blood Oranges
- Organic Kaffir Limes
- Organic Hass Avocados

- Organic Indio Mandarinquats
- Organic Meiwa Kumquats
- Organic Normandnn Kumquats
- Organic Nagami Kumquats

VENTURA COUNTY, CA

TAMAI FAMILY FARMS

- Candy Beets
- Red Beets
- Gold Beets
- Albion Strawberries
- Long Stem Strawberries
- Cauliflower
- Broccoli
- Green Dandelions
- Red Dandelions
- Collard Greens

FRESNO COUNTY, CA

HER PRODUCE

- Purple Cauliflower
- Orange Cauliflower
- Green Cauliflower
- Sprouting Japanese Cauliflower
- Bok Choy
- Ginger
- Romanesco
- Green Tatsoi
- Purple Tatsoi
- Purple Potatoes
- Japanese Sweet Potatoes
- Garnett Yams
- Green Napa Cabbage
- Purple Napa Cabbage
- Purple Ninja Radish
- Honeydew Radish
- King Pink Radish
- Watermelon Radish

SAN LUIS OBISPO, CA

J&G BERRY FARMS

- Blackberries
- Blueberries
- Raspberries

VENTURA COUNTY, CA

MCGRATH FAMILY FARMS

- Persian Cucumbers
- Green Strawberries
- Broccoli
- Radishes
- Cilantro
- Arugula
- Pea Tendrils

VENTURA COUNTY, CA

SCHANER FARMS

- Arugula (mature)
- Baby Green Garlic
- Nettles
- Shallots
- Cipollini Onions

SANTA BARBARA COUNTY, CA

SUNRISE ORGANIC FARMS

- Organic Loose Mixed Carrots
- Organic Green Gem Lettuce
- Organic Green Leaf Lettuce
- Organic Red Leaf Lettuce
- Organic Romaine
- Organic Mixed Salanova Lettuce
- Organic Green Butter Lettuce
- Organic Red Butter Lettuce

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LOCAL FARMS

SANTA BARBARA COUNTY, CA

SUNRISE ORGANIC FARMS (CONT.)

- Organic Oaks
- Organic Reef Greens

- Baby Mixed Carrots
- Sunchokes
- Purple Radishes
- Artisan Radishes
- Honeydew Radishes
- Watermelon Radishes

SANTA BARBARA COUNTY, CA

TUTTI FRUTTI FARMS

- English Peas
- Sugar Snap Peas

SANTA BARBARA COUNTY, CA

THE GARDEN OF ORGANIC

- Organic Escarole
- Organic Frisee
- Organic Rosalba
- Organic Puntarella
- Organic Costa Rosa
- Organic Red Gem Lettuce
- Organic Green Gem Lettuce

KERN COUNTY, CA

WEISER FAMILY FARMS

- Broccoli Spigarello
- Broccoli Di Ciccio
- Bloomsdale Spinach
- Conehead Cabbage
- Baby White Carrots
- Baby Purple Carrots
- Baby Nantes Carrots

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TOP MENU PICKS

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

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	DEC	JAN	FEB	MAR
RED	○	○	○	○
KOHLRABI	○	○	○	○
CARROTS				
FRENCH	○	○	○	○
MAROON	●	⊖	⊖	⊖
NANTES	○	○	○	○
RAINBOW	○	○	○	○
CAULIFLOWER				
CAULIFLOWER	○	○	○	○
FLORENTINO	○	●	●	○
SWEET BABY	○	●	●	○
CHICORIES				
CASTELFRANCO	○	○	○	○
MIXED	○	○	○	●
CHIOGGIA VARIEGATA	○	○	○	●
CUT ITALIAN	○	○	○	●
ENDIVE	○	○	○	○
ESCAROLE	○	○	○	○
INDIVIA RICCIA	○	○	○	●
PUNTARELLE	○	○	○	●
PAN DI ZUC CERHO	○	○	○	○
TARDIVO RADDICCHIO	○	○	○	●
CITRUS				
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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ORANGES, BLOOD	○	○	○	○
ORANGES, CARA CARA	○	○	○	●
ORANGES, JUICING	⊙	⊙	⊙	⊙
ORANGES, NAVEL	○	○	○	○
ORANGES, SEVILLE	○	○	○	●
ORANGES, VALENCIA	○	●	●	●
POMELOS	○	○	○	●
TANGELOS, MINNEOLA	●	○	○	○
TANGERINES, DAISY	●	○	○	○
TANGERINES, HONEY	●	⊕	⊕	●
TANGERINES, SUNBURST	○	○	●	●
YUZU	○	●	●	●
CUCUMBER				
ENGLISH	○	○	○	○
LEMON	○	●	●	●
DATES				
BARHI (DRY CROP)	○	○	○	○
BARHI (FRESH CROP)	○	●	●	●
MEDJOO	○	○	○	○
EGGPLANT				
CHINESE	⊙	⊙	⊙	⊙
GLOBE	⊙	⊙	⊙	⊙
GREEN THAI	⊙	⊙	⊙	⊙
INDIAN	⊙	⊙	⊙	⊙
ITALIAN	⊙	⊙	⊙	⊙
JAPANESE	⊙	⊙	⊙	⊙
GARLIC				
BLACK	○	●	●	○
CONVENTIONAL	○	○	○	○
ELEPHANT	○	○	○	○
SWEET GARLKEEK	○	●	●	●
GREENS				
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	○	○	○	○
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	☉	☉	●	●
PEAS				
PEA TENDRILS	●	●	○	○
STRINGLESS SNAP	○	○	○	○
PEPPERS				
HABANERO	☉	☉	☉	☉
PASILLA	☉	☉	☉	☉
PERSIMMONS				
FUYU	○	●	●	●
HAICHIYA	○	●	●	●
POMEGRANATES				
POMEGRANATES	○	●	●	●
POTATOES				
FINGERLING, BANANA	☉	☉	☉	☉
FINGERLING, FRENCH	☉	☉	☉	☉
OKINAWA SWEET	○	○	○	○
PURPLE PERUVIAN	☉	☉	☉	☉
RUBY CRESCENT	☉	☉	☉	☉
UPSTATE ABUNDANCE	○	○	○	●
YUKON GOLD	☉	☉	☉	☉
RHUBARB				
FIELD	●	●	●	☉
HOT HOUSE	●	☉	☉	☉
ROOTS				
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	○	○	○	○
SPECIALTY				
FENNEL POLLEN	○	○	○	○
HEARTS OF PALM	⦿	⦿	⦿	⦿
SALSIFY	○	⦿	⦿	⦿
TOMATILLOS	⦿	⦿	⦿	⦿
QUINCE	○	●	●	●
SPROUTS				
BEAN	○	○	○	○
CLOVER	○	○	○	○
DAIKON	○	○	○	○
PEA	○	○	⦿	⦿
SUNFLOWER	⦿	⦿	○	○
WHEAT GRASS	○	○	○	○
SUMMER SQUASH				
STRAIGHT NECK SQUASH	⦿	⦿	⦿	⦿
ZUCCHINI	○	○	○	○
TOMATOES				
GREEN	●	⦿	⦿	⦿
MIXED HEIRLOOMS	●	⦿	⦿	⦿
SUN GOLD	●	⦿	⦿	⦿
SWEET 100	●	⦿	⦿	⦿
TROPICALS				
KIWIS	○	○	○	○
MANGOES	⦿	⦿	⦿	⦿
PAPAYAS	⦿	⦿	⦿	⦿
PASSION FRUIT	⦿	⦿	⦿	⦿
PINEAPPLES	⦿	⦿	⦿	⦿
STAR FRUIT	⦿	⦿	⦿	⦿
WINTER SQUASH				
DELICATA	○	○	○	●

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GREEN ACORN	○	○	○	●
HONEYNUT	○	○	○	●
HONEYPATCH	○	●	●	●
KOBOCHA	○	○	○	●
KOGINUT	○	○	●	●
YAMS				
GARNET	○	●	●	●
JAPANESE SWEET	○	●	●	●

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