



**GREENLEAF®**

Providing Ingredients that Matter

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# SPRING SEASONAL GUIDE

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## 2025

a  **chefswarehouse** company

UPDATED 2/20/25

# LOCAL FARM MAP



UPDATED 2/20/25

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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 Summer Squash
- Baby Sunburst Squash
- Baby Turnips
- Baby Zucchini
- Blonde Frisee
- Buttercake Lettuce (Green & Red)
- Easter Egg Radishes
- Fennel
- French Breakfast Radishes
- Hidden Rose Apples
- Little Gem Lettuce
- Lollo Rosa
- Mixed Radishes
- Organic Lacinato Kale
- Parsley Root
- Pink Rhone Lettuce
- Purple Ninja Radishes

YOLO COUNTY, CA

## CAPAY ORGANICS

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

SAN BENITO COUNTY, CA

## COKE FARM

- Organic Baby Red Beets
- Organic Black Spanish Radishes
- Organic Celery Root
- Organic Cilantro
- Organic Frisee

- Organic Italian Parsley
- Organic Leeks
- Organic Meyer Lemons
- Organic Red Beets (sack)
- Organic Spring Onions
- Organic Sunchokes
- Organic Watermelon Radishes

YOLO COUNTY, CA

## GOTHAM GREENS

- Baby Mixed Lettuce
- Butterhead Lettuce
- Gourmet Medley

BUTTE COUNTY, CA

## COMANCHE CREEK FARMS

- Organic Arrowhead Cabbage
- Organic Baby Mixed Lettuce
- Organic Braising Mix
- Organic Collard Greens
- Organic English Peas
- Organic Fava Beans
- Organic Fava Leaves
- Organic Fennel
- Organic Green Garlic
- Organic Lacinato Kale
- Organic Little Gem Lettuce
- Organic Mixed Chicories
- Organic Mizuna
- Organic Purple Daikon
- Organic Purple Sprouting Broccoli
- Organic Red Savoy Cabbage
- Organic Red Spring Onions
- Organic Snap Peas (Green & Purple)

RIVERSIDE COUNTY, CA

## COUNTY LINE HARVEST

- Organic Baby Arugula
- Organic Baby Mixed Lettuce
- Organic Bloomsdale Spinach

- Organic Casper Kale
- Organic Frisee
- Organic Lacinato Kale
- Organic Little Gem Lettuce
- Organic Lollo Rosa
- Organic Purple Sprouting Broccoli
- Organic Radishes
- Organic Red Dragon Rucolla
- Organic Red Frill Mustard Greens
- Organic Salad Mix
- Organic Speckled Romaine
- Organic Super Baby Mixed Lettuce
- Organic Thumbelina Carrots
- Organic Turnips

YOLO COUNTY, CA

## DURST ORGANIC GROWERS

- Organic Asparagus (Green & Purple)
- Organic Fava Beans

MONTEREY COUNTY, CA

## FIELD FRESH FARM

- Baby Kale
- Baby Spinach (Organic & Conventional)
- Cello Spinach (4x2.5 pack)
- Mizuna
- Spring Mix (Organic & Conventional)

SAN DIEGO COUNTY, CA

## FRESH ORIGINS

- Petite Microgreens
- Specialty Microgreens

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# LOCAL FARMS

YOLO COUNTY, CA

## FULL BELLYFARM

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

SAN MATEO COUNTY, CA

## IACOPI FARMS

- English Peas
- Fava Beans

CONTRA COSTA COUNTY, CA

## KNOLL FARMS

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

MONTEREY COUNTY, CA

## LAKESIDE ORGANICS

- Organic Broccoli
- Organic Cauliflower
- Organic Celery
- Organic Cilantro
- Organic Leeks
- Organic Little Gem Lettuce
- Organic Radicchio
- Organic Romaine Hearts

SANTA CRUZ, CA

## NEW NATIVES

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

STANISLAUS COUNTY, CA

## RATTO BROS.

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

YOLO COUNTY, CA

## RIVERDOG FARM

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

# TOP MENU PICKS

Asparagus, Artichokes, Fava Beans, Green Garlic, Radishes, Shelling Peas, and Spring Onions all begin to appear in late March then reach their peak towards the end of April. Our forager partners find Fiddlehead Ferns, Stinging Nettles, and Ramps that grow wild. The best mushrooms of the season are Chanterelles and Morels. Fruit choices are limited. Strawberries are among the first to ripen, though California bush berry season does not begin to flesh out until late May. Local Apricots and Cherries will also appear in late May, as spring is the kick off to summer stone fruit season. California Avocados start up in March.

## FRUITS

- Apricots
- Avocados
- Cherries
- Pluots
- Strawberries
- Tangerines

## VEGETABLES

- Artichokes
- Asparagus
- Fava Beans
- Fiddlehead Ferns
- Green Garlic
- Mushrooms, Chanterelle
- Mushrooms, Morel
- Radishes
- Ramps
- Shelling Peas
- Spring Onions
- Stinging Nettles



**Season Disclaimer:** Spring officially starts on March 20th. During this time, the market is often unstable with price fluctuations, supply gaps, 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.

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# SPRING SEASONAL ITEMS

## APRICOTS

While apricots reach their peak in early summer, late spring in California sees the first of these golden fruits. Spring apricots are a treat, often smaller but intensely flavored, perfect for enjoying fresh or lightly grilled.

## ARTICHOKES

Spring is prime artichoke season in California. From March through May, you'll find an abundance of these edible thistles, with the prized Castroville artichokes at their peak. Spring artichokes are particularly tender and flavorful, ideal for simple preparations that let their unique taste shine.

## ASPARAGUS

Asparagus is the quintessential spring vegetable in California. The season kicks off in February and reaches its peak in April. Spring asparagus is notably tender and sweet, with thin, delicate spears that require minimal cooking. Pairs wonderfully with lemon, butter, or hollandaise sauce.

## AVOCADOS

While available year-round, California avocados are at their best from spring through summer. The Hass variety, which dominates California production, starts to come into season in spring. Spring avocados tend to have a rich, creamy texture and nutty flavor, perfect for guacamole or avocado toast.

## CHERRIES

Late spring marks the beginning of cherry season in California. Usually starting in May, the season is short but sweet. Early varieties like Brooks and Tulare cherries are the first to appear, offering a preview of the summer bounty to come. Spring cherries are often slightly tart but incredibly fresh and crisp.

## GREEN GARLIC

Green garlic is a true spring delicacy in California, available from late winter through spring. This young, mild garlic is harvested before the bulbs fully mature and offers a subtle, fresh garlic flavor. Its brief season makes it a prized ingredient in spring dishes.

## PEAS

Spring is the prime season for fresh peas in California. From March through May, you'll find sweet English peas, crisp sugar snap peas, and delicate snow peas at their peak. Spring peas are sweeter and more tender than at any other time of year, making them a true seasonal treat.

## RADISHES

Spring radishes in California are notably crisp and flavorful. While available year-round, spring sees an abundance of varieties, from classic red globe radishes to watermelon radishes. Their peppery flavor is particularly vibrant in the cool spring months.

## STRAWBERRIES

Strawberry season in California begins in spring, with the first berries appearing as early as February in some coastal areas. However, April to May is when strawberries reach their peak of flavor and abundance. Spring strawberries are often smaller but more intensely flavored than their summer counterparts, making them perfect for desserts or enjoying fresh.



	MAR	APR	MAY	JUN
<b>APPLES</b>				
FUJI	○	○	○	○
GALA	○	○	○	○
OPAL	○	○	○	●
PINK LADY	○	○	○	○
RED DELICIOUS	⊗	⊗	⊗	⊗
RED ROME	⊗	⊗	⊗	●
<b>ARTICHOKES</b>				
ARTICHOKES	○	○	○	○
CARDOONS	○	○	○	●
SMALL LOOSE	○	○	○	○
SUNCHOKES	○	⊗	●	●
<b>ASPARAGUS</b>				
GREEN	○	○	○	○
PURPLE	○	○	○	●
WHITE	⊙	⊙	⊙	⊙
<b>AVOCADOS</b>				
AVOCADOS	○	○	○	○
<b>BEANS</b>				
BLUE LAKE	⊙	⊙	⊙	⊙
FAVA	●	●	○	○
FLAGOLET	●	●	○	○
LIMA	●	●	○	○
PURPLE	●	●	○	○
ROMANO	●	●	○	○
<b>BERRIES</b>				
BLACKBERRIES	⊙	⊙	⊙	○
BLUEBERRIES	⊙	⊙	○	○
RASPBERRIES	⊙	⊙	⊙	○
STRAWBERRIES	○	○	○	○
<b>BROCCOLI</b>				
CHINESE (GAI LAN)	○	○	○	○
ITALIAN SPROUTING	○	○	○	○
RAAB	○	○	○	○
RAAB, BABY	○	○	●	●
SWEET BABY	○	○	○	○

○: Available from CA ⊗: Available from the US ⊙: Available Outside of the US ●: Not Available

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	MAR	APR	MAY	JUN
<b>CABBAGE</b>				
GREEN	○	○	○	○
KOHLRABI	○	○	●	●
NAPA	○	○	○	○
RED	○	○	○	○
<b>CARROTS</b>				
BABY	○	○	○	○
NANTES	○	○	○	○
RAINBOW	○	○	○	○
<b>CAULIFLOWER</b>				
CAULIFLOWER	Ⓜ	○	○	○
CAULILINI	○	○	○	○
FLORENTINO	○	○	○	○
<b>CHICORIES</b>				
CASTELFRANCO	Ⓜ	○	○	○
ENDIVE	○	○	○	○
ESCAROLE	○	○	○	○
FRISSE	○	○	○	●
PAN DI ZUCCHERHO	○	○	○	○
RADDICCHO	○	●	●	●
<b>CITRUS</b>				
BERGAMOTS	○	○	○	●
GRAPEFRUITS, COCKTAIL	○	●	●	●
GRAPEFRUITS, RIO STAR	Ⓜ	Ⓜ	●	○
KUMQUATS	○	●	●	●
LEMONS, MEYER	○	○	○	●
LIMES, KEY	⊙	⊙	⊙	⊙
LIMEQUATS	○	○	○	○
ORANGES, BLOOD	●	○	○	○
ORANGES, JUICING	⊙	⊙	⊙	⊙
ORANGES, NAVEL	○	○	●	●
ORANGES, VALENCIA	●	●	○	○
TANGELOS, MINNEOLA	○	○	●	●
TANGERINES, PIXIE	○	○	○	●
<b>CORN</b>				
WHITE	●	○	○	○

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YELLOW	●	○	○	○
<b>CUCUMBERS</b>				
ENGLISH	Ⓜ	○	○	○
<b>DATES</b>				
BARHI (DRY CROP)	○	○	○	○
MEDJOO	○	○	○	○
<b>EGGPLANT</b>				
CHINESE	◎	○	○	○
GLOBE	◎	○	○	○
GREEN THAI	◎	○	○	○
INDIAN	◎	○	○	○
ITALIAN	◎	○	○	○
JAPANESE	◎	○	○	○
<b>FIGS</b>				
ADRIATIC	●	●	○	○
BLACK MISSION	●	●	○	○
<b>GARLIC</b>				
GREEN	○	○	○	●
BLACK	○	○	○	●
ELEPHANT	○	○	○	○
CONVENTIONAL	○	○	○	○
<b>GRAPES</b>				
RED MUSCAT	○	○	○	●
<b>GREENS</b>				
AGRETTI	●	○	○	○
ARUGULA	Ⓜ	○	○	○
ARTISAN MIX	Ⓜ	○	○	○
BRAISING	○	○	●	●
BRAISING MIX	●	○	○	○
CHARD, GREEN	●	○	○	○
CHARD, RAINBOW	●	○	○	○
COLLARD	●	○	○	○
DANDELION	○	○	○	●
KALE, CASPER	●	○	○	○
KALE, LACINATO	○	○	●	●
KALE, RED	○	○	●	●

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	MAR	APR	MAY	JUN
LOLLO ROSA	●	○	○	○
MEGA BLEND	⊕	○	○	○
MIZUNA	○	○	○	○
RED FRILL MUSTARD	⊕	○	○	○
RUCOLA	●	○	○	○
RUCOLA, RED DRAGON	●	○	○	○
SPINACH, BABY	○	○	○	○
SPINACH, BLOOMSDALE	○	○	○	○
SPINACH, RED SNAPPER	●	○	○	○
SPRING MIX	⊕	○	○	○
<b>LEAVES</b>				
FAVA LEAVES	○	○	○	●
STINGING NETTLES	○	○	●	●
WATERCRESS	●	○	○	○
<b>LEEKS</b>				
LEEKS	○	○	○	○
RAMPS	●	⊕	⊕	●
<b>LETTUCE</b>				
BABY MIX	●	○	○	○
BIBB	●	●	○	○
BUTTER	●	●	○	○
ICEBERG	●	●	○	○
LITTLE GEM	●	●	○	○
MINERS	○	○	○	●
REINE DE GLACES	●	●	○	○
ROMAINE	●	●	○	○
SPECKLED	○	○	○	●
<b>MUSHROOMS</b>				
BLACK TRUMPET	⊕	⊕	●	●
CHANTERELLE	⊕	⊕	●	●
HEDGEHOG	○	○	○	○
HEN OF THE WOOD	⊕	⊕	⊕	⊕
MOREL	○	○	⊕	⊕
PORCINI	●	●	⊕	⊕
<b>ONIONS</b>				
VIDALIA	●	●	⊕	⊕

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SPRING, RED	○	○	○	○
SPRING, WHITE	○	○	○	○
<b>PEARS</b>				
CACTUS	⊙	⊙	⊙	⊙
<b>PEAS</b>				
ENGLISH	○	○	○	○
PEA TENDRILS	○	○	○	●
PURPLE SNOW	●	●	○	○
SNAP, GOLD	●	●	○	○
SNAP, SUGAR	○	○	○	●
<b>PEPPERS</b>				
HABANERO	⊙	⊙	⊙	⊙
PASILLA	⊙	⊙	⊙	⊙
<b>POTATOES</b>				
FRENCH FINGERLING	Ⓜ	Ⓜ	Ⓜ	Ⓜ
OKINAWA SWEET	○	○	●	●
PURPLE PERUVIAN	Ⓜ	Ⓜ	Ⓜ	Ⓜ
RUBY CRESCENT	Ⓜ	Ⓜ	Ⓜ	Ⓜ
YELLOW FIN	●	●	○	○
YUKON GOLD	Ⓜ	Ⓜ	Ⓜ	Ⓜ
<b>ROOTS</b>				
BEETS, CHIOGGIA	⊙	⊙	○	○
BEETS, GOLD	○	○	○	○
BEETS, RED	○	○	○	⊙
BURDOCK	○	○	○	○
FENNEL	○	○	○	○
RADISH, BLACK SPANISH	●	●	○	○
RADISH, EASTER EGG	○	○	○	○
RADISH, FRENCH BREAK.	○	○	○	○
RADISH, WATERMELON	○	○	○	○
RUTABAGA	Ⓜ	Ⓜ	Ⓜ	Ⓜ
TURNIPS, SCARLETT	○	○	○	○
TURNIPS, WHITE	○	○	○	○
<b>RHUBARB</b>				
RHUBARB, FIELD	Ⓜ	Ⓜ	Ⓜ	Ⓜ
RHUBARB, HOT HOUSE	Ⓜ	●	●	●

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<b>SPECIALTY</b>				
FENNEL POLLEN	○	○	○	○
FIDDLEHEAD FERNS	Ⓜ	Ⓜ	●	●
GREEN ALMONDS	●	○	○	●
HEARTS OF PALM	⊙	⊙	⊙	⊙
LYCHEES	●	●	⊙	⊙
SALSIFY	⊙	⊙	⊙	●
TOMATILLOS	⊙	⊙	⊙	⊙
<b>SPROUTS</b>				
BEAN	○	○	○	○
CLOVER	○	○	○	○
DAIKON	○	○	○	○
PEA	○	○	○	○
SUNFLOWER	○	○	○	○
WHEATGRASS	○	○	○	○
<b>STONE FRUIT</b>				
APRICOTS	●	●	○	○
APRIUMS	●	●	○	○
CHERRIES	●	●	○	○
PEACHES, YELLOW	●	●	○	○
PEACHES, WHITE	●	●	○	○
PLUOTS	●	●	○	○
<b>TOMATOES</b>				
GREEN	⊙	⊙	⊙	○
HEIRLOOM	⊙	⊙	⊙	●
SUN GOLD	⊙	⊙	⊙	○
SWEET 100	⊙	⊙	⊙	○
TASTI LEE	⊙	⊙	●	●
WILGENBERG	○	○	○	○
<b>TROPICAL</b>				
KIWI	○	○	●	●
MANGOES	⊙	⊙	⊙	⊙
PAPAYA	⊙	⊙	⊙	⊙
PASSION FRUIT	⊙	⊙	⊙	⊙
PINEAPPLES	⊙	⊙	⊙	⊙
STARFRUIT	⊙	⊙	⊙	⊙

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TAMARILLO	●	●	◎	◎
<b>SQUASH</b>				
COSTATA ROMANESCO	●	●	○	○
GOLD BAR ZUCCHINI	●	●	○	○
RED KURI	●	●	○	○
RONDE DE NICE	●	●	○	○
SQUASH BLOSSOMS	○	○	○	○
STRAIGHT NECK	◎	◎	○	○
SUNBURST	●	●	○	○
TOYBOX	●	●	○	○
ZUCCHINI	○	○	○	○

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