

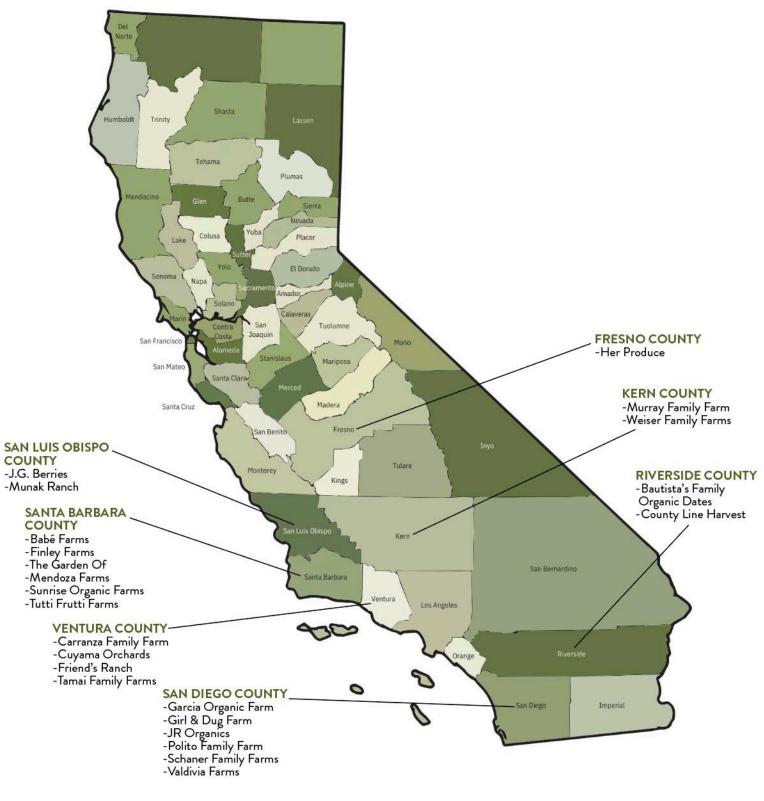
# LOS ANGELES SPRING SEASONAL GUIDE





UPDATED 2/26/25

# LOCAL FARM MAP



#### **UPDATED 2/26/25**

# LOCAL FARMS

### SANTA BARBARA, CA

# BABE FARMS

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

#### VENTURA COUNTY, CA

# CARRANZA FAMILY FARM

- Organic Arugula
- Organic Blossoms: Arugula, Radishes, Cilantro, Broccoli
- Organic Broccoli
- Organic Cilantro
- Organic Pea Tendrils
- Organic Persian Cucumbers
- Organic Radishes

#### 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

#### VENTURA COUNTY, CA

## CUYAMA ORCHARDS

- Organic Fuji Apples
- Organic Pink Lady Apples

#### santa barbara county, ca FINLEY FARMS

- Organic Celery
- Organic Gem Lettuce
- Organic Leeks
- Organic Salanova Lettuce
- Organic Sprouting Broccoli
- Organic Spring Onions

#### VENTURA COUNTY, CA

### FRIEND'S RANCH

- Blood Oranges
- Eureka Lemons
- Minneola Tangerines

Please Note: These are rough guides, offered as a convenient quick reference for our customers. Each season expresses itself differently, depending on weather patterns and other seasonal factors. Please see our weekly newsletter for the most current information. W W W.GREENLEAFLA.COM | 626-465-4200 | 455 BREA CANYON RD | WALNUT, CA 91789

- Ojai Pixie Mandarins
- Valencia Oranges

#### SAN DIEGO COUNTY, CA

3

### GARCIA ORGANIC FARM

- Organic Finger Limes
- Organic Meyer Lemons
- Organic Page Mandarins
- Organic Pixie Mandarins
- Organic Ruby Grapefruit

### santa barbara county, ca THE GARDEN OF

- Organic Gem Lettuce, Green
- Organic Gem Lettuce, Red
- Organic Mixed Salanova Lettuce

### san diego county, ca GIRL & DUG FARM

- Organic Blossoms, Alyssum
- Organic Blossoms, Bronze Fennel
- Organic Blossoms, Garlic Chive
- Organic Blossoms, Rose
   Geranium
- Organic Cucumbers, Blossoms
- Organic Cucumbers, Cornichons
- Organic Cucumbers, Flowers
- Organic Cucumbers, K-Cukes

Organic Sun Gold Tomatoes

- Organic Cucumbers, Salt & Pepper
- Organic Hoja Santa
- Organic Lemon Balm
- Organic Squashini

# LOCAL FARMS

#### FRESNO COUNTY, CA

# HER PRODUCE

- Bok Choy
- Ginger
- Japanese Sweet Potatoes
- Tatsoi, Green
- Tatsoi, Purple

#### SAN DIEGO COUNTY, CA

# **JR ORGANICS**

- Organic Beets
- Organic Broccolini
- Organic Cabbage
- Organic Cucumber
- Organic Daikon
- Organic Kale
- Organic Lettuce
- Organic Radishes
- Organic Rainbow Chard
- Organic Summer Squash
- Organic Turnips

#### SAN LUIS OBISPO, CA

# J.G. BERRIES

- Blackberries
- Blueberries
- Blueberries, Pink
- Golden Berries
- Raspberries

#### SANTA BARBARA COUNTY, CA

# MENDOZA FARMS

- Asparagus
- Broccolini
- Brussels sprouts
- Celery
- Fennel
- Rhubarb
- Strawberries, Albion
- Strawberries, Gaviota

• Strawberries, Monterrey

#### SAN DIEGO COUNTY, CA

# SCHANER FAMILY FARMS

- Arugula
- Baby Green Garlic
- Cipollini Onions
- Nettles
- Shallots

#### SANTA BARBARA COUNTY, CA

## SUNRISE ORGANIC FARMS

- Organic Butter Lettuce, Green
- Organic Butter Lettuce, Red
- Organic Gem Lettuce, Green
- Organic Leaf Lettuce, Green
- Organic Leaf Lettuce, Red
- Organic Loose Mixed Carrots
- Organic Mixed Salanova Lettuce
- Organic Oak Leaf Lettuce
- Organic Reef Greens
- Organic Romaine Lettuce
- Organic Rainbow Baby Carrots
- Organic Strawberries, Albion

#### VENTURA COUNTY, CA

# TAMAI FAMILY FAMS

- Organic Beets, Candy
- Organic Beets, Gold
- Organic Beets, Red
- Organic Broccoli
- Organic Cauliflower
- Organic Collard Greens
- Organic Dandelions, Green
- Organic Dandelions, Red

- Strawberries, Albion
- Strawberries, Long Stem

### santa barbara county, ca TUTTI FRUTTI FARMS

- Organic English Peas
- Organic Sugar Snap Peas
- Organic Torpedo Onions

#### SAN DIEGO COUNTY, CA

## VALDIVIA FARMS

- Organic Spring Onions
- Organic Tomatoes, Baby Heirloom
- Organic Tomatoes, Heirloom
- Organic Tomatoes, Red Vine

#### KERN COUNTY, CA

# WEISER FAMILY FARMS

- Organic Bloomsdale Spinach
- Organic Broccoli Di Ciccio
- Organic Carrots, Baby Mixed
- Organic Carrots, Baby Nantes
- Organic Carrots, Baby Purple
- Organic Carrots, Baby White
- Organic Conical Cabbage
- Organic Radishes, Artisan
- Organic Radishes, Honeydew
- Organic Radishes, Purple
- Organic Radishes, Watermelon
- Organic Sunchokes

# **TOP MENU PICKS**

Mild winter weather lent its way to early spring crops this year. Asparagus, Artichokes, Fava Beans, Green Garlic, Radishes, Shelling Peas, and Spring Onions are at their peak this season. Peas are expected to end in late May. Our forager partners find Fiddlehead Ferns, Stinging Nettles, and Ramps that grow wild. The best mushrooms of the season are Chanterelles and Morels. For fruit, Strawberries are a peak spring item, and all berries will be available throughout the season and year round. Local Apricots will begin to appear in mid-April and Cherries will 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.

# **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.



7

		MAR	APR	MAY	JUN
ΑΡΡΙ	_ES				
	FUJI	0	0	0	0
	GALA	0	0	0	0
	OPAL	0	0	0	
	PINK LADY	0	0	0	0
	RED DELICIOUS	$\square$	$\bigcirc$	$\square$	$\square$
	RED ROME	$\square$	$\bigcirc$	$\square$	
ART	CHOKES				
	ARTICHOKES	0	0	0	0
	CARDOONS	0	0	0	
	SMALL LOOSE	0	0	0	0
	SUNCHOKES	0	0	0	0
ASP	ARAGUS				
	GREEN	0	0	0	0
	PURPLE	0	0	0	
	WHITE	۲	۲	۲	۲
AVO	CADOS				
	AVOCADOS	0	0	0	0
BEAI	NS				
	BLUE LAKE	۲	۲	۲	۲
	FAVA			0	0 0 0 0
	FLAGOLET			0	0
	LIMA			0	0
	PURPLE			0	0
	ROMANO			0	0
BERI	RIES				
	BLACKBERRIES	0	0	0	0
	BLUEBERRIES	0	0	0	0
	BLUEBERRIES, PINK	0	0	0	0
	GOLDEN BERRIES	0	0	0	0
	RASPBERRIES	0	0	0	0
	STRAWBERRIES	0	0	0	0
	STRAWBERRIES, ALBION	0	0	0	0
	STRAWBERRIES, GAVIOTA	0	0	0	0000000
	STRAWBERRIES, MONTERE	YО	0	0	0

O:Available from CA (1):Available from the US (2):Available Outside of the US (2):Not Available



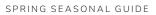
	MAR	APR	MAY	JUN
BLOSSOMS				
ARUGULA	0	0	0	0
ALYSSUM	0	0	0	0
BROCCOLI	0	0	0	0
BRONZE FENNEL	0	0	0	0
CILANTRO	0	0	0	0
CUCUMBER, BLOSSOMS	0	0	0	0
CUCUMBER, FLOWERS	0	0	0	0
GARLIC CHIVE	0	0	0	0
RADISH	0	0	0	0 0 0
ROSE GERANIUM	0	0	0	0
SQUASH	0	0	0	0
BROCCOLI				
DI CICCIO	0	0	0	0
CHINESE (GAI LAN)	0	0	0	0
ITALIAN SPROUTING	0	0	0	0
RAAB	0	0	0	0
RAAB, BABY	0	0		
SWEET BABY	0	0	0	0
CABBAGE				
CONICAL	0	0	0	0
GREEN	0	0	0	0
KOHLRABI	0	0		
NAPA	0	0	0	0
RED	0	0	0	0
CARROTS				
BABY	0	0	0	0
NANTES	0	0	0	0
RAINBOW	0	0	0	0
CAULIFLOWER				
CAULIFLOWER	$\oplus$	0	0	0
CAULILINI	0	0	0	0
FLORENTINO	0	0	0	0
CHICORIES				
CASTELFRANCO	$\oplus$	0	0	0
ENDIVE	0	0	0	0

O:Available from CA (1):Available from the US (2):Available Outside of the US (2):Not Available

SPRING SEASONAL GUIDE

SERING SEAS	UNAL GUI	DL		5
	MAR	APR	MAY	JUN
ESCAROLE	0	0	0	0
FRISEE	0	0	0	
PAN DI ZUCCERHO	0	0	0	0
RADDICCHO	0			
CITRUS				
BERGAMOTS	0	0	0	
GRAPEFRUITS, COCKTAIL	0			
GRAPEFRUITS, RIO STAR	$\oplus$	$\oplus$		0
GRAPEFRUITS, RUBY	0	0	0	0
KUMQUATS	0			
LEMONS, EUREKA	0	0	0	0
LEMONS, MEYER	0	0	0	
LIMES, FINGER	0	0	0	0
LIMES, KEY	۲	۲	۲	۲
LIMEQUAT	0	0	0	0
MANDARINS, KISHU	0	0	0	0
MANDARINS, PAGE	0	0	0	0
MANDARINS, PIXIE	0	0	0	0
ORANGES, BLOOD	0	0	0	0
ORANGES, JUICING	۲	۲	۲	۲
ORANGES, NAVEL	0	0		
ORANGES, VALENCIA	0	0	0	0
TANGELOS, MINNEOLA	0	0	0	0
TANGERINES, PIXIE	0	0	0	
CORN				
WHITE		0	0	0
YELLOW		0	0	0
CUCUMBERS				
CORNICHONS	0	0	0	0
ENGLISH	$\oplus$	0	0	0
K-CUKES	0	0	0	0 0 0
PERSIAN	0	0	0	0
SALT & PEPPER	0	0	0	0
DATES				
BARHI (DRY CROP)	0	0	0	0
MEDJOOL	0	0	0	0

O:Available from CA (1):Available from the US (2):Available Outside of the US (2):Not Available



		MAR	APR	MAY	JUN
EGGP	PLANT				
	CHINESE	۲	0	0	0
	GLOBE	۲	0	0	0
	GREEN THAI	۲	0	0	0
	INDIAN	۲	0	0	0
	ITALIAN	۲	0	0	000000
	JAPANESE	۲	0	0	0
FIGS					
	ADRIATIC			0	0
	BLACK MISSION			0	0
GARL	.IC				
	GREEN	0	0	0	
	GREEN, BABY	0	0	0	0
	BLACK	0	0	0	
	ELEPHANT	0	0	0	0
	CONVENTIONAL	0	0	0	0
GRAF	PES				
	RED MUSCAT	0	0	0	
GREE	NS				
	AGRETTI		0	0	0
	ARUGULA	$\square$	0	0	0
	ARTISAN MIX	$\square$	0	0	0
	вок сноу	0	0	0	0
	BRAISING	0	0		
	BRAISING MIX		0	0	0
	CHARD, GREEN		0	0	0
	CHARD, RAINBOW		0	0	0
	COLLARD	0	0	0	0
	DANDELION	0	0	0	0
	KALE, CASPER		0	0	0
	KALE, LACINATO	0	0		
	KALE, RED	0	0		
	LOLLO ROSA		0	0	0
	MEGA BLEND	$\square$	0	0	0
	MIZUNA	0	0	0	0
	RED FRILL MUSTARD	$\square$	0	0	0

SPRING SEASONAL GUIDE

1	1
- L	

		MAR	APR	MAY	JUN
REEF		0	0	0	0
RUCOLA			0	0	0
RUCOLA, R	ED DRAGON		0	0	0
SPINACH, B	ABY	0	0	0	0
SPINACH, B	LOOMSDALE	0	0	0	000000
SPINACH, R	ED SNAPPER		0	0	0
SPRING MIX	<	$\square$	0	0	0
TATSOI (GR	EEN & PURPLE)	0	0	0	0
LEAVES					
FAVA LEAV	ES	0	0	0	
HOJA SANT	A	0	0	0	0
LEMON BAL	M	0	0	0	0000
STINGING N	IETTLES	0	0	0	0
WATERCRE	SS		0	0	0
LEEKS					
LEEKS		0	0	0	0
RAMPS			$\oplus$	$\square$	
LETTUCE					
BABY MIX			0	0	0
BIBB				0	0
BUTTER				0	0 0 0
ICEBERG				0	0
LITTLE GEM	1			0	0
MINERS		0	0	0	
OAK LEAF		0	0	0	0
REINE DE G	LACES			0	0
ROMAINE				0	0
SPECKLED		0	0	0	
SALANOVA		0	0	0	0
MUSHROOMS					
BLACK TRU	MPET	$\square$	$\square$		
CHANTERE	LLE	$\square$	$\square$		
HEDGEHOG		0	0	0	0
HEN OF TH	E WOOD	$\square$	$\square$	$\square$	$\square$
MOREL		0	0	$\square$	$\square$
PORCINI				$\square$	$\square$
Or Avroitable from CA	www.ilable.from.the.U.C.		Qutaida af the l		ilabla

O:Available from CA ①:Available from the US ④:Available Outside of the US ●: Not Available



		MAR	APR	MAY	JUN
010	NS				
	CIPOLLINI			$\square$	$\square$
	SHALLOTS	0	0	0	0
	SPRING, RED	0	0	0	0 0 0
	SPRING, WHITE	0	0	0	0
	TORPEDO	0	0	0	0
	VIDALIA			$\square$	$\square$
AR	S				
	CACTUS	۲	۲	۲	۲
AS					
	ENGLISH	0	0	0	
	PEA TENDRILS	0	0	0	
	PURPLE SNOW			0	0
	SNAP, GOLD			0	0
	SNAP, SUGAR	0	0	0	
PP	ERS				
	HABANERO	۲	۲	۲	۲
	PASILLA	۲	۲	۲	۲
ота	TOES				
	FRENCH FINGERLING	$\square$	$\oplus$	$\square$	$\square$
	OKINAWA SWEET	0	0		
	PURPLE PERUVIAN	$\square$	$\oplus$	$\square$	$\square$
	RUBY CRESCENT	$\square$	$\oplus$	$\square$	$\square$
	YELLOW FIN			0	0
	YUKON GOLD	$\square$	$\oplus$	$\square$	$\square$
тос	S				
	BEETS, CANDY	0	0	0	0
	BEETS, CHIOGGIA	۲	۲	0	0
	BEETS, GOLD	0	0	0	0
	BEETS, RED	0	0	0	۲
	BURDOCK	0	0	0	0
	FENNEL	0	0	0	0
	GINGER	0	0	0	0
	RADISH, ARTISAN	0	0	0	
	RADISH, BLACK SPANISH			0	0
	RADISH, EASTER EGG	0	0	0	0

O:Available from CA ①:Available from the US ④:Available Outside of the US ●: Not Available



	MAR	APR	MAY	JUN
RADISH, FRENCH BREAK.	0	0	0	0
RADISH, HONEYDEW	0	0	0	0
RADISH, PURPLE	0	0	0	0
RADISH, WATERMELON	0	0	0	0
RUTABAGA	$\square$	$\square$	$\square$	$\square$
TURNIPS, SCARLETT	0	0	0	0
TURNIPS, WHITE	0	0	0	0
RHUBARB				
RHUBARB, FIELD	0	0	0	0
SPECIALTY				
FENNEL POLLEN	0	0	0	0
FIDDLEHEAD FERNS	$\square$	$\square$		
GREEN ALMONDS		0	0	
HEARTS OF PALM	۲	۲	۲	٢
LYCHEES			۲	٢
SALSIFY	۲	۲	۲	
TOMATILLOS	۲	۲	۲	۲
SPROUTS				
BEAN	0	0	0	0
CLOVER	0	0	0	0
DAIKON	0	0	0	0
PEA	0	0	0	0000
SUNFLOWER	0	0	0	0
WHEATGRASS	0	0	0	0
STONE FRUIT				
APRICOTS		0	0	0
APRIUMS			0	0
CHERRIES			0	0
PEACHES, YELLOW			0	0
PEACHES, WHITE			0	00000
PLUOTS			0	0
TOMATOES				
GREEN	۲	۲	۲	0
HEIRLOOM	0	0	0	0
HEIRLOOM, BABY	0	0	0	0
RED VINE	0	0	0	0
		N		1. I.I.

O:Available from CA (1):Available from the US (2):Available Outside of the US (2):Not Available

MAR APR MAY JUN

SQUASH				
COSTATA ROMANESCO			0	0
GOLD BAR ZUCCHINI			0	0
RED KURI			0	0
RONDE DE NICE			0	0
SQUASHINI	0	0	0	0
STRAIGHT NECK	۲	۲	0	0
SUNBURST			0	0
тоувох			0	0
ZUCCHINI	0	0	0	0