



GREENLEAF

Providing Ingredients that Matter

SOUTHERN CALIFORNIA WINTER SEASONAL GUIDE 2025

a  **chef's warehouse** company

UPDATED 11/26/25

Top Menu Picks

Winter in Southern 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, kale and radishes 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.

This year, local Brussels Sprouts have had not seen great success and will be ending the season early. We expect Mexico-grown Brussels Sprout to arrive in December.

FRUITS

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

VEGETABLES

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



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.

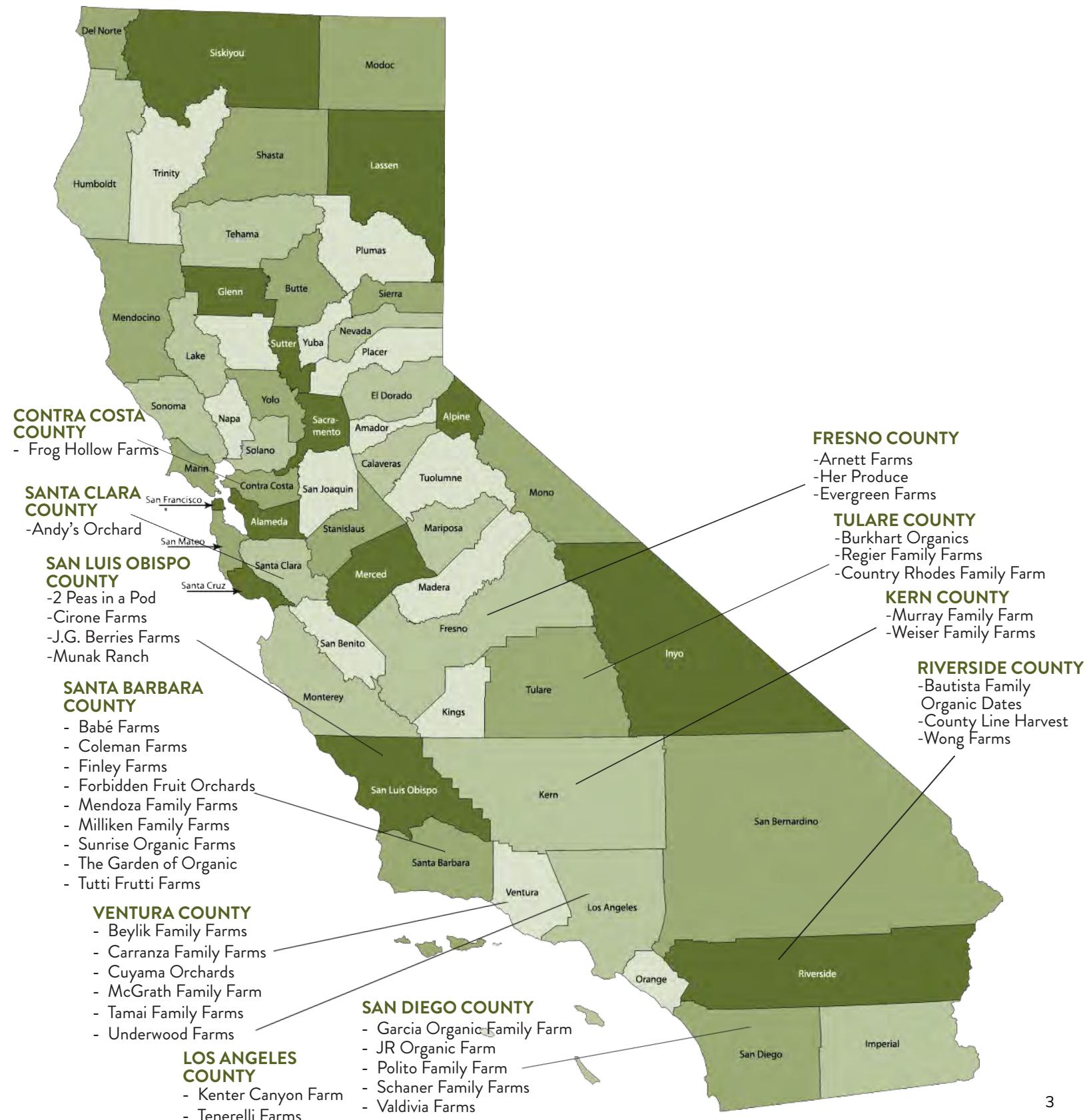


GREEN LEAF

Los Angeles

a  **chefswarehouse** company

Our Outstanding Local Farms



Local Farms

2 PEAS IN A POD

San Luis Obispo County, CA

- Broccolini
- Christmas Lima Beans
- Coco Beans
- Colored Cauliflower
- Romanesco
- Scarlett Beans

BABE FARMS

Santa Barbara County, CA

- 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
- Parsley Root
- Pink Rhone Lettuce
- Purple Ninja Radishes

BAUTISTA FAMILY ORGANIC DATES

San Luis Obispo County, CA

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

CIRONE FARMS

San Luis Obispo County, CA

- Fuji Apples
- Granny Smith Apples
- Pink Lady Apples

COUNTY LINE HARVEST

Riverside County, CA

- 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

CUYAMA ORCHARDS

Ventura County, CA

- Fuji Apples
- Pink Lady Apples

FINLEY FARMS

Santa Barbara County, CA

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

FRESNO EVERGREEN

Fresno County, CA

- Bok Choy
- Broccolini
- Garnett Yams
- Japanese Sweet Potatoes
- Purple Violet Potatoes
- Rainbow Chard
- Sprouting Cauliflower

GARCIA ORGANIC FAMILY FARMS

Santa Diego County, CA

- Organic Blood Oranges
- Organic Cara Cara Oranges
- Organic Cocktail Grapefruit
- Organic Hass Avocados
- Organic Indio Mandarinquats
- Organic Kaffir Limes
- Organic Meiwa Kumquats
- Organic Mini Kishu Mandarins
- Organic Nagami Kumquats
- Organic Normandnn Kumquats
- Organic Oro Blanco Grapefruit
- Organic Page Mandarins
- Organic Satsuma Mandarins

THE GARDEN OF

Santa Barbara County, CA

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

HER PRODUCE

Fresno County, CA

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

Local Farms

J.G. BERRIES

San Luis Obispo County, CA

- Blackberries
- Blueberries
- Raspberries

JR ORGANIC FARM

San Diego County, CA

- Black Kale
- Broccolini
- Butternut Squash
- Curly Kale
- Dragon Beans
- Green Beans
- Kabocha Squash
- Oak Lettuce
- Rainbow Chard
- Red Kuri Squash
- Romaine
- Salanova Lettuces

MCGRATH FAMILY FARM

Ventura County, CA

- Beans: Green, Yellow
- Blossoms, Cilantro, Arugula
- Cucumber: Mouse Melons
- Passion Fruit
- Persian Cucumber
- Radishes: Purple, Watermelon
- Red Frill Loose
- Watercress

REGIER FAMILY FARMS

Tulare County, CA

- Murcott Mandarins
- Satsuma Mandarins

SCHANER FARMS

Tulare County, CA

- Murcott Mandarins
- Satsuma Mandarins

SUNRISE ORGANICS

Santa Barbara County, CA

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

TAMAI FAMILY FARMS

Ventura County, CA

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

TUTTI FRUTTI FARMS

Santa Barbara County, CA

- Organic English Peas
- Organic Leeks
- Organic Sugar Snap Peas
- Organic Butternut Squash
- Organic Delicata Squash
- Organic Green Kabocha Squash
- Organic Honeynut Squash
- Organic Red Kabocha Squash
- Organic Red Kuri Squash

VALDIVIA FARMS

San Diego County, CA

- Baby Heirloom Tomatoes
- Green Garlic
- Heirloom Tomatoes
- Red Vine Tomatoes

WEISER FAMILY FARMS

Kern County, CA

- Artisan Radishes
- Baby Mixed Carrots
- Baby Purple Carrots
- Bloomsdale Spinach
- Broccoli Di Ciccio
- Broccoli Spigarello
- Conehead Cabbage
- Honeydew Radishes
- Purple Radishes
- Sunchokes
- Watermelon Radishes

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

This year, local Brussels Sprouts have had not seen great success and will be ending the season early. We expect Mexico-grown Brussels Sprouts to arrive in December.

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 an economical 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-leaved 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.

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.

WINTER SEASONAL ITEMS

CITRUS FRUIT (CONT.)

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				
ARTICHOKES	●	●	●	○
ARTICHOKES, LOOSE, SM	●	●	●	○
CARDOON	○	○	○	○
SUNCHOKES	○	○	○	○
ASPARAGUS				
GREEN	●	●	●	○
WHITE	●	●	●	●
AVOCADOS				
AVOCADOS	●	●	●	●
BEANS				
BLUE LAKE	●	●	●	●
FAVA	●	●	●	●
BERRIES				
BLUEBERRIES	●	●	●	●
CRANBERRIES	●	●	●	●
STRAWBERRIES	●	●	●	●
BROCCOLI				
BROCCOLI RAAB	○	○	○	○
BROCCOLI ROMANESQUE	○	○	○	●
BROCCOLI, ITALIAN				
SPROUTING	○	○	○	○
GAI LAN	○	○	○	○
PURPLE BROCCOLI	○	○	○	●
SWEET BABY BROCCOLI	○	●	●	○

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



	DEC	JAN	FEB	MAR
CABBAGE				
BRUSSELS SPROUTS	⊕	⊕	⊕	⊕
CONICAL	○	○	○	●
GREEN	○	○	○	○
KOHLRABI, GREEN/PURPLE	○	○	○	○
NAPA	○	○	○	○
RED	○	○	○	○
CARROTS				
CARROTS, BABY, ROUND	○	○	○	○
NANTES	○	○	○	○
CAULIFLOWER				
CAULIFLOWER	⊕	⊕	⊕	⊕
FLORENTINO	○	●	●	○
SWEET BABY CAULIFLOWER	⊕	⊕	⊕	⊕
CHICORIES				
CASTELFRANCO	○	○	○	○
CASTELFRANCO, ORGANIC	○	○	○	○
CHIOGGIA VARIEGATA	○	○	○	●
CUT ITALIAN CHICORY	○	○	○	●
ENDIVE	○	○	○	○
ESCAROLE	○	○	○	○
FRISEE, BLONDE	○	○	○	○
FRISEE, ORGANIC	○	○	○	○
INDIVIA RICCIA	○	○	○	●
MIXED BABY CHICORY	○	○	○	●
MIXED ORGANIC	●	○	○	○
PAN DI ZUCCHERO	○	○	○	●
PUNTARELLE	○	○	○	●
RADICCHIO	○	○	○	○
TARDIVO RADDICCHIO	○	○	○	●
TREVISO	○	○	○	○

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CITRUS

	DEC	JAN	FEB	MAR
BERGAMOTS	●	○	○	○
BUDDHA'S HANDS	○	○	●	●
GRAPEFRUIT, COCKTAIL	○	○	○	○
GRAPEFRUIT, INDIAN RIVER	○	●	●	●
GRAPEFRUIT, ORO BLANCO	○	○	○	●
GRAPEFRUIT, RIO STAR	○	○	○	●
KUMQUAT	○	○	○	○
LEMON, MEYER	○	○	○	○
LIME, KEY	○	○	○	●
LIMEQUAT	○	○	○	○
LIMES, MAKRUT	●	○	○	●
MANDARIN, LEE	○	○	●	●
MANDARIN, MURCOTT	●	●	●	○
MANDARIN, PAGE	○	○	●	●
MANDARIN, SATSUMA	○	○	●	●
ORANGES, BLOOD	○	○	○	○
ORANGES, CARA CARA	○	○	○	●
ORANGES, JUICING	○	○	○	○
ORANGES, NAVEL	○	○	○	○
ORANGES, SEVILLE	○	○	○	●
POMELO	○	○	○	●
TANGELOS, MINNEOLA	●	○	○	○
TANGERINES, DAISY	●	○	○	○
TANGERINES, FAIRCHILD	○	●	●	●
TANGERINES, FALLGLO	○	●	●	●
TANGERINES, FREMONT	○	●	●	●
TANGERINES, HONEY	●	○	○	●
TANGERINES, PIXIE	●	●	●	○
TANGERINES, SUNBURST	○	○	●	●
YUZU	○	●	●	●

DATES

DATES, BARHI (DRY CROP)	○	○	○	○
DATES, BARHI (FRESH CROP)	○	●	●	●
DATES, MEDJOOL	○	○	○	○

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DEC JAN FEB MAR

EGGPLANT

CHINESE	●	●	●	●
GLOBE	●	●	●	●
GREEN THAI	●	●	●	●
INDIAN	●	●	●	●
ITALIAN	●	●	●	●
JAPANESE	●	●	●	●

GARLIC

GARLIC	○	○	○	○
ELEPHANT	○	○	○	○
GREEN GARLIC	○	○	○	○

GREENS

ARTISAN MIX	●●	●●	●●	●●
BABY ARUGULA	●●	●●	●●	●●
CASPER KALE	○	○	○	○
DANDELION GREENS, BABY	●	●	○	○
DANDELION GREENS, RED	●	○	○	○
GREENS, BRAISING	○	○	○	○
KALE, Lacinato	○	○	○	○
KALE, RED	○	○	○	○
MEGA BLEND	●●	●●	●●	●●
MIZUNA	○	○	○	○

RED FRILL MUSTARD

GREENS	○	○	○	○
RED MUSTARD GREENS	●●	●●	●●	●●
SPINACH, BLOOMSDALE	○	○	○	○
SPRING MIX	●●	●●	●●	●●

LEAVES

FAVA LEAVES	●	●	○	○
NETTLES, STINGING (WILD)	●	●	○	○

LETTUCE

MINERS	●	●	○	○
ROMAINE, SPECKLED	○	○	○	○

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DEC JAN FEB MAR

MUSHROOMS

BLACK TRUMPETS	⊕	⊕	⊕	⊕
CHANTARELLE, BLACK	⊕	⊕	⊕	●
CHANTERELLE	⊕	⊕	●	○
HEDGEHOG	⊕	⊕	⊕	⊕
HEN OF THE WOOD	⊕	⊕	⊕	⊕

ONIONS

LEEKES	○	○	○	○
RED SPRING	●	●	●	○
RED TORPEDO, BABY	●	●	○	○
WHITE SPRING	●	○	○	○

PEARS

ASIAN, SHINKO	○	●	●	●
CACTUS	○	○	○	○
COMICE	○	⊕	⊕	○
FORELLE	⊕	⊕	●	●
SECKEL	⊕	●	●	●

PEAS

ENGLISH	●	●	●	○
HONEY GOLD SNAP	●	●	●	○
PEA TENDRILS	●	●	○	○
PURPLE SNAP	●	●	●	○
STRINGLESS SNAP	○	○	○	○

PERSIMMONS

FUYU	○	●	●	●
HACHIYA	○	●	●	●

POMEGRANATES

POMEGRANATES	○	○	○	○
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DEC JAN FEB MAR

POTATOES

BINTJE	○	○	○	○
FINGERLING, BANANA	⊗	⊗	⊗	⊗
FINGERLING, FRENCH	⊗	⊗	⊗	⊗
GERMAN BUTTERBALL	○	○	○	○
OKINAWA, SWEET POTATO	○	○	○	○
PURPLE PERUVIAN	⊗	⊗	⊗	⊗
RUBY CRESCENT	⊗	⊗	⊗	⊗
YUKON GOLD	⊗	⊗	⊗	⊗

RADISH

DAIKON, PURPLE	○	○	○	○
EASTER EGG	○	○	○	○
FRENCH BREAKFAST	○	○	○	○
WATERMELON	○	○	○	○

RHUBARB

RHUBARB, FIELD	●	●	●	⊗
RHUBARB, HOT HOUSE	●	⊗	⊗	⊗

ROOTS

BEETS, BABY GOLD	○	○	○	○
BEETS, BABY RED	○	○	○	○
BEETS, BABY, CHIOGGIA	○	○	○	○
BEETS, BADGER FLAME	⊗	⊗	⊗	⊗
BEETS, CHIOGGIA	●	●	●	●
BEETS, GOLD	○	○	○	○
BEETS, RED	○	○	○	○
BURDOCK ROOT	○	○	○	○
FENNEL	○	○	○	○
FENNEL, BABY	○	○	○	○
HORSERADISH ROOT	●	⊗	⊗	⊗
RUTABAGA	⊗	⊗	⊗	⊗
TURNIPS, BABY	○	○	○	○
TURNIPS, BABY SCARLET	○	○	○	○
TURNIPS, BABY WHITE	○	○	○	○
TURNIPS, SCARLETT	○	○	○	○

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DEC JAN FEB MAR

SPECIALTY

FIDDLEHEAD FERNS	●	●	●	◎
HEARTS OF PALM	◎	◎	◎	◎
QUINCE	○	●	●	●
SALSIFY	○	○	○	○
TOMATILLOS	◎	◎	◎	◎

SPROUTS

BEAN	○	○	○	○
CLOVER	○	○	○	○
DAIKON	○	○	○	○
PEA	○	○	○	○
SUNFLOWER	○	○	○	○
WHEAT GRASS	○	○	○	○

TROPICALS

KIWI	○	○	○	○
KIWI, GOLD	○	●	●	●
MANGOES	◎	◎	◎	◎
MANGOES, MANILA	●	●	●	●
PAPAYA, STRAWBERRY	◎	◎	◎	◎
PASSION FRUIT	◎	◎	◎	◎
PINEAPPLES	◎	◎	◎	◎
STAR FRUIT	◎	◎	◎	◎

WINTER SQUASH

BUTTERNUT	○	○	○	○
CARNIVAL	●	●	●	●
DELICATA	○	○	○	●
GREEN ACORN	◎	◎	◎	◎
HONEYNUT	○	○	○	○
KOBOCHA	◎	◎	◎	◎

YAMS

GARNET	○	○	○	○
JAPANESE SWEET	○	○	○	○

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