



March

April

May

Spring

Seasonal Guide



Spring Seasonal Items



Spring officially starts March 20th and the only thing consistent about spring is its inconsistency. The market is often unstable, with price fluctuations, supply gaps, gapping of product 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. Long-standing relationships and timing are everything in procuring high quality product during Spring.

Asparagus, Artichokes, English Peas, Fava Beans, Green Garlic, Green Strawberries, Rainbow Carrots, and Spring Onions all begin to appear in late March then reach their peak towards the end of April. Our forager partners find Fiddleheads, Morels, Nettles and Ramps that grow wild. Mushrooms of the season include Chanterelle, Blue and Yellow Foot, and Morel. Fruit choices are limited as summer is really the season for local Stonefruit and berries. You may find some imported and/or local Charantais Melons, Red Muscat Grapes and excellent Mangos, Rhubarb, Strawberries and Tangelos. California bush berry season (Raspberry, Blackberry) does not begin to flush until late May. Early figs may appear in the latter part of May from Southern California or Arizona. Get ready for the local Apricots, Cherries, and Figs in late May as spring is really just the kick off to amazing summer produce.

Top Menu Picks

Fruits

Pixie Mandarins
Rhubarb
Green Strawberries

Vegetables

Artichokes
Asparagus
Carrots: Baby
Dandelion: Bunched
Fava Beans
Fiddlehead
Ferns
Leeks
Leaves: Fava, Fig, Horseradish and Pea

Nettles
Green Garlic
Peas: Shelling
Rabbs: Varietal
Radishes: Easter Egg,
Flambeau, Ramps
Rapini Mix
Spring Onions
Turnips: Baby

ARTICHOKES: Now is the time for a full range of sizes, from super baby to large to purple, we carry an excellent variety for your menu. The prime season for 'chokes runs through May. Issues may occur if unseasonable cold and wet weather hampers production, and as the number of artichoke farmers decline. Artichokes thrive in colder coastal climates as it slows the flowering of the artichoke. Fall usually brings a secondary flush of bud, as long as the summer heat has not been too fierce.

ASPARAGUS: This spring favorite can now be sourced locally during this time of year! Green, delta, & purple show up in excellent condition. We also carry a variety of sizes such as large and jumbo. Expect high quality that usually runs until May!

BERRIES: Strawberries begin to have higher sugar levels and better flavor as the weather starts to warm up. Boysenberries have a short season during this period, so make sure to keep an eye out! California Blueberries start up around the end of May.

ONIONS: Spring Onions, red and white, are in full swing as days grow longer and warmer. Imported Cippolini hopefully holds through August, while the local crop generally appears in early summer. Ramps, a wild leek, show up from the East Coast and are a wonderful and pungent addition to any menu. Pickle them to keep them all year long, as their season is very short. Also in high supply for Spring is Green Garlic. This garlic is known for its tall greens attached to the bulbs that are 100% edible. These are somehow spicy yet mild, making them outstanding for eating raw or cooking.

MUSHROOMS: Domestic Morels start popping up and drawing demand while Hedgehog Mushrooms are finishing, as are Yellow Foot and Local Chanterelles. Sometimes we get lucky with a short streak of Porcini mushrooms.

STONEFRUIT: Early Cherries and Apricots are light in sugar and flavor. Similarly, Nectarines and Peaches from Southern California are just starting up and can vary in ripeness. Both Cherries and other stonefruits start hitting their stride later in summer.

POTATOES: Typically, a transition (sometimes a very rough transition) time of year. After Washington State spuds end, Florida crops tide us over until California crops start. Kennebec's and Winnemucca are a particular concern as stored product declines in quality, and new crops are often slow to come on.

SPRING CHEESES: Spring fruits and veggies bring a great opportunity to change up your cheese board or cheese options! Any kind of goat cheese is going to pair perfectly with spring vegetables like artichokes, asparagus and spring onions. Local purveyor, Cypress Grove, offers Purple Haze Chevre, which is a Goat's milk cheese log that has a distinct blend of lavender and fennel making it perfect for your spring menu.



Small Local Farms



CAPAY ORGANICS

Yolo County

Capay Organics is a second-generation organic family located 90 miles northeast of San Francisco, in the Coastal Ranges' Capay Valley. Founded in 1976 by Kathleen Barsotti and Martin Barnes, the farm began as 20 acres with an eye for growing quality organic produce. Today, the farm grows more than 130 varieties of fruits and vegetables on 500 acres of certified organic land. The farm practices healthy crop rotation, encourages a diverse ecosystem around their fields and efficiently uses local water sources to support the crops.

- Organic Broccoli Di Ciccio
- Organic Chards
- Organic Lacinato Kale
- Organic Leeks
- Organic BMX Lettuce
- Purple Asparagus



Coke Farm has been producing outstanding organically grown fruits and vegetables for over thirty years. In August of 1981, prompted by a doubting conventional farmer who speculated that strawberries could not be grown organically, founder Dale Coke planted his first strawberries on the home ranch near Aromas, California. The plants produced successfully and a local natural foods store became the first Coke Farm customer. Dale started planting more crops and joined the Santa Cruz chapter of C.C.O.F. (California Certified Organic Farmers).

Coke Farm

Monterey County

- | | |
|--|---------------------------------------|
| Organic Baby Chioggia Beets | Organic Braising Greens |
| Organic Baby Red Beets | Organic Spring Onions (Red and White) |
| Organic Bunched Red Beets | Organic Italian Parsely |
| Organic Sack Chioggia, Gold, Red Beets | Organic Watermelon |
| Organic Celery Root | Radishes |
| Organic Cilantro | Spanish Radishes |
| Organic Baby Red Chard | Organic Sunchoke |
| Organic Frisee | |



COMANCHE CREEK

Butte County

The deep-seated philosophy underlying this farm is a great respect for the environment and this has led to the adoption of many organic methods of farming. Sean grows cover crops to aid and maintain soil fertility he uses only natural methods of pest control and recycles natural materials back into the soil. Experimenting to find the best vegetable varieties (Comanche Creek grows tomatoes, herbs, peppers, squash and melons, as well as other seasonal produce) for the farm lead to the capacity to supply more local restaurants.

- Organic Squash
- Organic English Peas
- Organic Snap Peas
- BMX



County Line harvest

Petaluma

David Retsky started County Line Harvest on a six-acre plot on the Sonoma-Marin County line before moving over the hill in 2007 to Red Hill Ranch in Marin County. Shortly after settling in on the new property, Marin Agriculture Land Trust acquired the easement on Red Hill Ranch, preserving it forever as farmland. Not only did this new property provide more acreage for cultivation, but the abundance of renewable on-site water and the MALT easement helped ensure the continuation of County Line's goal to provide fresh produce to its surrounding communities.

- | | |
|-------------------------|---------------------------|
| Baby Mixed Head Lettuce | Roccola |
| BMX | Salad Mix |
| Beets | Purple Sprouting Broccoli |
| Little Gem Lettuces | Turnips |
| | Radishes |



Working for a produce distributor, the owner of EarthWorks had the good fortune to meet many chefs and eat good food in numerous Bay Area restaurants. Within one week, he was served a salad strewed with pansy petals, a soup garnished with wild mustard blossoms, and a dessert sporting a mint tip. He was inspired to grow his already vast garden and create the beautiful and edible additions he was seeing throughout the restaurant community. Countless hours and truckloads of compost later, EarthWorks came to be.

EARTHWORKS

Oakland/Alameda County

- Mixed Blossoms
- Confetti
- Flowers
- Angelica
- Nasturtiums
- Lemon Verbena
- Rose Geranium



FULL BELLY FARM

Yolo County

Located in the beautiful Capay Valley north of the Bay Area, Full Belly Farms has been organic certified since 1985. The farm produces a wide variety of fruits, vegetables, herbs, beans, nuts and flowers year-round, amounting to more than 80 different crops. They are committed to selling their produce within a 120-mile radius of the farm, and one of the farm's goals is to integrate farm production with longer-term environmental stewardship.

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

Small Local Farms



KNOLL FARMS

Brentwood, Contra Costa County

Until 1979, Rick and Kristie Knoll had been "alternative suburbanites" in Santa Ana, where their small back yard was a garden, complete with chickens, compost trenches and hay mulch. Eager to escape to a more rural life, they came across a weedy 10-acre alfalfa field for sale about 60 miles east of San Francisco and saw it as a chance to do some serious organic gardening. Today they have a teeming 10-acre agro-ecosystem that thrives on the microbial power of "biodynamics".

- Organic Cardoon
- Green Garlic
- Herbs: Rosemary, Sage
- Fava Leaves
- Fig Leaves
- Horseradish Leaves
- Pea Leaves
- Rapini Mix
- Apricot and Fig Wood



Iacopi Farm

Half Moon Bay

Upon his arrival from Italy in 1939, Louis' father, Michael, settled in Pescadero, where he learned to farm. In 1962, Louis began his farming career with 200 acres in Half Moon Bay. He farmed there until 1979, when he moved the farm to its current location. Until recently, he grew produce mainly for the wholesale markets, but low returns encouraged him to sell more of his produce directly to consumers. To maintain soil fertility, the Iacopis use synthetic fertilizers in combination with cover crops and compost. They use herbicides only when necessary—usually in the winter, when the ground is too wet for the tractors.

- All Conventional
- English Peas
- Fava Beans



Lakeside Organic Gardens takes pride in growing a wide offering of organic produce on family-owned and operated farms in California. Dick Peixoto, the owner, personally walks his fields daily to guarantee our 50+ organic vegetables are held to the highest quality and food safety standards. Partnering with Lakeside Organic Gardens is like having your own local farm!

Lakeside Organic Gardens

Monterey County

- Organic Celery
- Organic Leeks
- Organic Radicchio
- Organic Kalettes
- Organic Broccoli
- Organic Cauliflower
- Organic Cilantro
- Organic Romaine Hearts



MARSHALL'S FARMS

Solano County

Marshall's Honey; the finest in natural organic gourmet honeys from the mountains, valleys, seaside meadows and back yards of the San Francisco Bay area. All Marshall's Farm honey is produced in California and the west coast! Their honey is raw, 100% pure, unheated, uncooked, unfiltered, natural & certified kosher. You will see natural pollens floating in their honey, because they use no pumps, pipes or filters when extracting and hand-bottling their pure, local California & West Coast honeys.

- Organic Honeycomb
- Organic Napa Wildflower
- Honey Organic Star
- Thistle Honey



New Native's philosophy is always on display in their greenhouses filled with the most nutritious food available anywhere. They have been practicing this art since 1982. They begin with the seed. They use literally tons of seed annually and it ALL has to be organic. The growth cycle is initiated with pure clean tested water from their deep well. The seed is planted in their mineral rich composted vegan soil. The plants enjoy the natural light from the sun and plenty of fresh air. Their farming practices are basic, simple and natural. It works very well for them and for the food they produce.

NEW NATIVES

Santa Cruz County

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



Ratto Brothers

Modesto County

Since 1905, Ratto Bros. has been owned and operated in the family tradition started by Antone L. Ratto. The son of Italian Immigrants, Antone grew his own vegetables on Bay Farm Island near Oakland and personally delivered his vegetables to his customers in a horse-drawn cart. One hundred years and several generations later, the Ratto family still grows their own vegetables and cultivates personal relationships with each of their customers.

- Collard Greens
- Kale
- Kohlrabi

Small Local Farms



Riverdog Farm is a 450 acre certified organic, diversified family farm that grows vegetables, fruits, nuts, and raises chickens and pigs. They are located in the beautiful Capay Valley where rich creek-bottom soil, intense summer heat, and winter frost make exceptionally tasty fruits and vegetables. Since 1990 they have used a system of compost, crop rotation, cover cropping and hedgerow planting to keep their soil healthy and to promote a healthy ecosystem around their farm.

RIVERDOG FARM Yolo County

- Organic Asparagus
- Organic White Beans, Sack
- Organic Red and Green Cabbage
- Organic Chards
- Organic Leeks
- Organic Spring Onions (Red and White)
- Organic Arugula Rabe
- Organic Bok Choy Rabe
- Organic Tat Soi Rabe



SUPREMA San Benito

Family has played a huge role in the creation and success of this family farm. From humble beginnings in the field in 1989, to a garage operation in 1995 where Suprema Star was started, to 2005 when Jose split off from his parents' company to start Jayleaf, their family has continued to support each other and maintain the high level of quality that is synonymous with Jayleaf. Today, Jose and Maggie Ornelas oversee all operations at the company, similar to the way Jose's parents did when they started Suprema Star.

- Baby Asian Greens
- Baby Chard
- Baby Mizonia
- Baby Tat Soi



Yah-Whooo is a small custom grower of premium quality gourmet microgreens. They have been growing specialty greens for high end restaurants since 1981. They grow their products year-round in a greenhouse using Japanese technology, which provides optimal nutrients and water to the plants "on-demand" resulting in the highest quality products possible. They maintain an extensive selection of organic seeds at all times and are continually doing trials of new varieties. Their products are available by overnight mail anywhere in the continental US or delivery.

Yah-Whooo Farms Vacaville

- Organic Micro Greens

Spring Fruits

Fruit	Growing Region	Availability
Apricots	Fresno, California	May - July
Bergamots	Tulare, California	January - Mid May
Blueberries	San Luis, California	Early May
Boysenberries	Oregon	June
Charantais	Dominican Republic	March - April
Cherries, Bing	Tulare, California	June - July
Dates, Barhi	Riverside, California	Year Round
Dates, Medjool	Riverside, California	Year Round
Figs, Adriatic	Contra Costa, California	May - June, August - October
Figs, Black Mission	San Diego, California	May - June, August - October
Figs, Brown Turkey	Florida	May - June, August - October
Grapefruit, Cocktail	San Diego, California	January - March; December
Grapefruit, Rio Star	Texas	January - March; December
Grapes, Red Muscat	Chile	March - May
Kiwi	Butte, California	January - Mid April
Kumquat	California/Florida	January - August
Lemon, Meyer	San Benito, California	January - May; Nov. - Dec
Lime, Key	Mexico	Year Round
Limequat	Peru/Mexico/Brazil	January - July
Lychees	Mexico	May - September
Mangoes	Peru/Mexico/Brazil	Year Round
Mangoes, Manila	Mexico	March - September
Melons, Cantalope	Fresno, California	May - October
Melons, Sharlyn	Kern, California	May - December
Nectarines, White and Yellow	California/Texas/Mexico	May - August

■ = Grown outside US

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Color Key:

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Spring Fruits

Fruit	Growing Region	Availability
Oranges, Blood Moro	Kern, California	January - April ; December
Oranges, Juicing	California/Texas/Mexico	Year Round
Oranges, Navel	Kern, California	January - April; December
Oranges, Valencia	Tulare, California	May - December
Papaya, Strawberry	Hawaii	Year Round
Passion Fruit	CA/New Zealand	Year Round
Peaches, White and Yellow	Fresno California	May - August
Pears, Cactus	CA/Mexico	Jan - March; June - Sept
Pears, Comice	Pacific Northwest/Chile	Jan - March, Sept - Dec
Pineapple	Hawaii/Costa Rica	Year Round
Plums	Fresno, California	May - Sept
Rhubarb, Field Grown	Oregon	Mid March - Sept
Strawberries	Monterey, California	Year Round
Strawberries, Organic	San Benito, California	Mid April - Sept
Tamarillo, Red and Gold	New Zealand	May - July
Tangelos, Minneola	Tulare, California	January - April
Tangerines, Dancy	Tulare, California	January - March
Tangerines, Pixie	Santa Barbara, California	March - May

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Spring Vegetables

Vegetables	Growing Region	Availability
Almonds, Green	Contra Costa, California	April - May
Ancho Cress	Sonoma, California	April - November
Artichokes	Monterey, California	Prime season Spring
Asparagus	Stanislaus, California	mid March - mid May
Asparagus, Purple	California/Mexico	mid March - mid May
Asparagus, White	South America	Year Round
Avocado	San Diego, California	January - June
Baby Broccoli Raab	Monterey, California	mid January - late April
Baby Carrots, Red	Riverside, California	mid January - Late April
Baby Carrots, Yellow	Riverside, California	mid March - mid May
Baby Carrots, Round	Riverside, California	Year Round
Baby Fennel	San Benito, California	Year Round
Baby Lettuce, Mix, Organic	Riverside, California	April - November
Baby Onions, Red Torpedo	Yolo, California	mid February - mid March
Baby Spinach	Monterey, California	mid May - mid October
Baby Turnips	San Benito, California	mid April - mid May
Baby Turnips, Scarlet	Riverside, California	mid May - mid November
Beans, Blue Lake	California, Mexico	Year Round
Beans, Fava	Mexico	mid May - mid October
Beans, Fava	San Mateo, California	mid April - mid October
Beans, Romano	Contra Costa California	late May - mid October
Beans, Yellow Wax	Monterey, California	May - October
Broccoli Raab	Monterey, California	Jan - Early April; mid Aug - Sept
Broccoli, Chinese (Gai Lan)	Fresno, California	Year Round

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Spring Vegetables

Vegetables	Growing Region	Availability
Burdock Root	San Benito, California	Year Round
Cardoon	San Mateo, California	Jan - late march; Sept - Dec
Carrots, Nantes	Monterey	Year Round
Carrots, Maroon	Texas/Mexico	Jan - April; September - Dec
Carrots, Red Baby	California/Mexico	Year Round
Carrots, Yellow Baby	California/Mexico	March - mid May
Castelfranco Chicory	Sonoma, California	Jan - mid April; Nov - Dec
Castelfranco Raddiccho	Sonoma, California	Jan - late March
Cauliflower	Monterey, California	Year Round
Celery Root	San Benito, California	Gaps from April - late summer
Chicories	Sonoma, California	Jan - late April; Sept - Dec
Corn, White	Contra Costa, California	mid April - mid September
Cucumber, Japanese	Monterey, California	Year Round
Cucumber, English	Ventura, California, Mexico	Year Round
Dandelion Greens, Baby	Sonoma, California	mid February - mid May
Dandelion, Red	Sonoma, California	mid January - mid May
Endive, Mixed	California	Year Round
Escarole	Ventura, California	Year Round
Fava Leaves	Contra Costa, California	mid February - mid May
Fennel	San Luis, California	Year Round
Fennel Pollen, Wild	Hawaii	Year Round
Fiddlehead Ferns	Pacific Northwest; Eastern U.S.	mid March - late April
Frisee	Thermal, California	March - May; Sept - Nov
Garlic, Green	Contra Costa, California	March - May; Sept - Nov
Greens, Braising	San Benito, California	Jan - mid April; Nov - Dec
Hearts of Palm	Costa Rica	Year Round
Horseradish Root	U.S.	Year Round
Kale, Lacinato	Monterey, California	Jan - mid April; late Nov - Dec

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Spring Vegetables

Vegetables	Growing Region	Availability
Kale, Red	Monterey, California	Jan - mid April; late Nov - Dec
Kohlrabi, Green and Purple	California	Jan - mid April; late Nov - Dec
Leeks	San Luis, California	Year Round
Lettuce, Freckled	Sonoma, California	February - early May
Lettuce, Miners	Humbolt, California	February - early May
Micro Bull's Blood	San Diego, California	March - mid May
Mizuna	Imperial, California	Year Round
Mushrooms, Black Trumpets	California/Oregon	Jan - late April; December
Mushrooms, Eryngii	Sacramento, California	January - mid March
Mushrooms, Hedgehog	Humbolt, California	Year Round
Mushrooms, Chanterelle	California/Oregon	January - late April
Mushrooms, Hen of the Wood	San Diego, California	Year Round
Mushrooms, Morel	California/Oregon	May - mid August
Mushrooms, Porcini	Siskiyou, California	May - mid June
Nettles, Stinging (Wild)	Santa Cruz, California	February - late April
Okinawa, Sweet	Stanislaus, California	January - mid April
Onions, Red Spring	Monterey, California	March - late June
Onions, Vidalia	Georgia	May - June
Onions, White Spring	Monterey, California	January - mid May
Pan di Zuccherho	Sonoma, California	Jan - July; Sept - Dec
Pea Tendrils	San Benito, California	February - mid May
Peas, English	San Mateo, California	March - May

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Spring Vegetables

Vegetables	Growing Region	Availability
Peas, English - Iacopi	San Mateo, California	April - September
Peas, Sugar Snap	Mexico	March - mid May
Peppercress, Organic	Sonoma, California	May - November
Peppers, Pasilla	California, Mexico	Year Round
Potatoes, French Fingerling	California/Idaho	Year Round
Potatoes, German Butterball	California/Montana	Year Round
Potatoes, Purple Peruvian	Idaho	Jan - mid May; Aug - Dec
Potatoes, La Rote	Idaho	Jan - early May; Sept - Dec
Potatoes, Ruby Crescent	Oregon	Year Round
Potatoes, Yellow Fin	Yolo, California	Year Round
Potatoes, Yukon Gold	California/Washington	Year Round
Radicchio, Treviso	Monterey, California	Year Round
Radish, Black Spanish	San Benito, California	May - September
Radish, Easter Egg	San Benito, California	Year Round
Radish, French Breakfast	California/Mexico	Year Round
Radish, Watermelon	San Benito, California	Jan - mid Feb; May - December
Ramps	Michigan	April - late May
Rhubarb (Hot House/Field Grown)	Washington/Oregon	January - late Mar; April - Sept
Rutabaga	California/Oregon	Year Round
Burdock Root	San Benito, California	Jan - mid May; mid Sept - Dec
Spinach, Bloomsdale	San Benito, California	Jan - mid March; Oct - Dec
Squash Blossoms, Male	San Benito, California	March - mid August
Squash, Grey/Lebanese	San Luis, California	May - July
Sunchokes	San Benito, California	Jan - mid April; mid Sept - Dec
Tasti Lee Tomatoes	Mexico	Nov - April

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Spring Vegetables

Vegetables

Growing Region

Availability

Vegetables	Growing Region	Availability
Turnips, Baby	San Luis, California	Year Round
Turnips, Scarlett	San Benito, California	Jan - mid April; Sept - Dec
Watercress, Living	Ventura, California	April - November
Yams, Garnet, Japanese Sweet	Stanislaus, California	Jan - April; Sept - Dec

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