

June

July

August

Summer

Seasonal Guide



Summer Seasonal Items



Summer solstice (the mid point of the year) comes on the 21st of June. Local crops are coming into their own as beans, berries, corn, figs, melons, new crop potatoes, and summer squash vie for attention. The heat of Summer hastens the harvest of all these local crops. While we always hope for the perfect confluence of weather conditions, Mother Nature has the final say. Some potential challenges at this time of year include inadequate winter chill and excessive Spring rains, which will affect summers bounty. Also, excessive heat will cause crops such as arugula, lettuces, spinach, and heirloom tomatoes to suffer.

Top Menu Picks

Fruits

Royal Blenheim Apricots
Blackberries
Blueberries
Boysenberries (short season)
Black and Red Currants
Gooseberries
Strawberries
Figs: Adriatic, Black Mission, Brown Turkey, Candy Stripe (mostly organic)
Cherries (end in July) Zante
"Champagne" Grapes
Melons
Nectarines
Peaches
Plums (end in August)
(Santa Rosa end in June)
Pluots
Rhubarb

Vegetables

Amarosa
Arugula and Roccolla
Beans: String and Shelling
Broccoli di Ciccio
Broccoli Rabe
Cauliflower (florentino)
Corn: Bi-Color, Red
Cresses: Ancho, Pepper, Water
Cucumbers: Lemon, Serpent, Persian, Pickle
Dandelion Greens: Baby Green and Red
Eggplants
Lettuces
Onions: Young with Tops
Peppers: Sweet, Hot, Gypsy, Spanish
Potatoes: German Butterball, Yellow Finn, Fingerlings,

Squashes: Toybox, Sunburst, Ronde de Nice, Gold Zucchini,
Squash Blossoms (Local)
Tomatoes: Heirloom, Cherry, and Large



BEANS: Commencing in late Spring/early summer, local fields proffer scads of crunchy, velvety options, in a host of colors, shapes, and sizes. Petit French, striking Yellow wax and purple, larger, flat Romanos, plus the workhorse Blue Lakevie for attention. Toward the end of Summer, the shelling bean brigade begins, first with Cranberry, then Cannelini, and later with the likes of Italian Butter, Flageolet, Barlotti, and Christmas Lima.

BERRIES: Local Boysenberries have a short season - about 3 weeks only, so do not delay as their flavor is unparalleled. The season continues with boysens from Oregon. Blueberries start as a half pint pack and shift to full pints as the season progresses and the crop flushes. Look for local varietal Blackberries and Raspberries. Strawberries move to the smaller, more flavorful varieties. Currants, Gooseberries, and Ollalie Berries make their brief appearance at the table- most of these crops come from Oregon.

CITRUS: In a counter intuitive fashion, summer is not a great time of year for citrus. The major sufferer is Lemon. There are four primary growing districts in California and, during the Summer, we move between them, shopping for the best quality and value. Sometimes we find fully mature fruit; other times the only thing to be found is the less juicy 1st pick. You will see this crop-in-transition impact on pricing, as with every out of season crop. Meyer Lemons also fade away during the summer. What little is found is often less than prime, erratic in size and often soft. Limes are the sole citrus winner, great taste and full of juice.

FIGS: There are two fig seasons. First a small harvest cropping from last years' wood and lasting only 3-5 weeks. This is followed by a gap of 3-5 weeks. Then the major season begins in mid-Summer and runs sometimes as late as November (for certain varieties). The fruit from this major season is formed on wood from the new years' growth. Frost or heavy rain will sound the death knell to figs in the Fall. Prior to the California crop starting, we occasionally source figs from Arizona. An Arizona picking also (sometimes) covers the local fig gap in mid-summer.

MELONS: Can start as early as May from the desert, but these are rarely full of sugar. Best flavor and variety comes by mid-June. Local melon season can run into October depending on the warmth of days and nights during the Summer months. Generally best of the season is to be had June through early September.

MUSHROOMS: Morels from the Pacific Northwest can run through the Summer. Other Summer Mushrooms include Chanterelles (Europe and then Alaska and/or British Columbia), Hen of the Woods, Lobster, Cultivated King, Oyster and Pioppini, and some Porcini. Cultivated Mushrooms can be impacted by excessive heat and supplies may be interrupted as growers adapt to higher temperatures.

STONEFRUIT: The season for all our local cherries is at best a short one. The season continues with fruit from Oregon and then Washington in July and August. Bings typically start in late May, followed by Rainiers in June and then some elusive sour cherries (Montmorencys are a prime example) for a very brief run. During the Summer months, conventionally grown California Apricots, Nectarines, Peaches (white and yellow), Plums, and Pluots get better and better as the season progresses.

TOMATOES: Prime local tomato time is early-mid July through late September. Every year sees new varietal and different farmers trying their hand at heirlooms. We sell both mixed flats and dedicated single varietal packs. The Toy Box Cherry Tomato pack is a perennial favorite and in poor tomato years, you will find the most satisfying flavor from the smaller fruit. Several years ago we helped create a "caprese" mix which is a mid size heirloom mix.



Small Local Farms



CABRILLO FARMS

San Mateo County

Cabrillo Farms is a third-generation family farm located in Moss Beach, California. The farm has been in existence since the 1930s and grows Brussels sprouts, English peas, artichokes, fava beans, and pumpkins. The Cabrillo's were affected by the "artichoke wars" of the 1930s. At the time, mafia thugs ravaged many of the 2,000 acres of artichokes in the area in order to coerce growers into selling to a New York-based food racket. This led to a ban on selling artichokes in New York, and eventually, several hoodlums were convicted on racketeering charges. Thankfully, things are quieter in Half Moon Bay these days.

Bursel Sprouts



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.

capay organics

Monterey County

- | | |
|----------------------------|-----------------------|
| Heirloom Tomatoes | Organic Chards |
| Beans | Organic Lacinato Kale |
| Melons | Organic Leeks |
| Peaches | Organic BMX Lettuce |
| Nectarines | |
| Black Mission and Candy | |
| Stripe Figs | |
| Organic Pistachios | |
| Organic Broccoli di Ciccio | |



COKE FARM

Monterey County

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.

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|------------------------|---------------------------|
| Escarole | Organic Cilantro |
| Strawberries | Organic Baby Red Chard |
| Raspberries | Organic Frisee |
| Organic Baby | Organic Braising Greens |
| Chioggia Beets | Organic Spring Red and |
| Organic Baby Gold and | White Onions |
| Red Beets | Organic Italian Parsely |
| Organic Bunched Red | Organic Watermelon Radish |
| Beets | Organic Spanish Radishes |
| Organic Sack Chioggia, | Organic Onions |
| Gold, Red Beets | |
| Organic Celery Root | |



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.

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|-------------------|-------------------|
| Heirloom Tomatoes | B Lettuces |
| Organic Peppers | Shelling Beans |
| Organic Squash | Candy Stripe Figs |
| Cherry Tomatoes | |
| Cucumbers | |



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



FIELD FRESH FARM

Salinas, Monterey County

Field Fresh Farms has been growing produce on California's Central Coast for four generations, and we have a long history with the environment that sustains us, the fertile lands we manage, the healthy products we grow and pack, and the communities and companies we partner with.

- Spring Mix
- Baby Spinach
- Wild Arugula

Small Local Farms



Fresh Origins

San Marcos, San Diego County

Fresh Origins Farm produces the very best Microgreens, Petite® Greens, Edible Flowers, Tiny Veggies™ and Herb, Flower & Fruit Crystals®.

Located near San Diego, California, we enjoy the best climate in the world for growing Microgreens!

Year-round mild sunny weather is the ideal environment to produce strong, healthy, highly flavored Microgreens.

Specialty Micro and Petite Greens



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. One of the farm's goals is to integrate farm production with longer-term environmental stewardship.

Full Belly Farm

Ginda, Yolo County

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



FROG HOLLOW

Brentwood

Our farm is home to hundreds of trees which produce peaches, nectarines, cherries, apricots, apriums, plums, pluots, pears, olives, persimmons, quince, apples, meyer lemons, blood oranges and more. We are certified organic with CCOF (California Certified Organic Farmers) and committed to regenerative practices.

- Organic Peaches
- Organic Nectarines
- Organic Plums
- Organic Pluots
- Organic Apricots



IACOPI FARMS

Half Moon Bay, San Mateo County

Iacopi Farms is a grower of local, seasonal produce in the coastal town of Half Moon Bay, California. Iacopi Farms grows the highest quality English peas, sugar snaps, artichokes, fava and blue lake beans.

- Peas
- Fava Beans
- Cranberry Beans
- Manchurian Beans
- Italian Butter Beans
- Emergo Beans



Healthy Soils, Healthy Plants, Healthy People. We believe in promoting health from the ground up. Our healthy soil produces healthy, organic crops, which in turn fuel your healthy lifestyle. Growing and enjoying organic products is one of the best ways we can ensure your health and the health of our planet.

JACOBS FARM

Pescadero, San Mateo County

- Organic Flowers
- Organic Herbs
- Toy Box Squash



Knoll Farms

Brentwood, Contra Costa County

Until 1979, Rick and Kristie Knoll had been "alternative suburbanites" in Santa Ana, where their small backyard 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.

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

Small Local Farms



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 Cucumbers
- Organic Bell Peppers



MILLER FARM

San Benito

- Organic Early Girl Tomatoes
- Heirloom Tomatoes



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.

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



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

Riverdog Farms Yolo County

- | | |
|----------------------------|-------------------------------|
| German Butterball Potatoes | Organic White Beets |
| Summer Squash | Organic Red and Green Cabbage |
| Heirloom Tomatoes | Organic Chards |
| Peppers | Organic Leeks |
| Eggplants | Organic Red & White |
| Greens | Spring Onions |
| Cherry Tomatoes | Organic Arugula Rabe |
| Organic Bok Choy | |
| Organic Tat Soi Rabe | |



SOLANO MUSHROOM FARM

Vacaville, Solano County

After completing a mycological studies program at UC Davis in 1986, Sam Shin founded a commercial mushroom farm specializing in Shiitake and Oyster mushroom cultivation. At the time, few varieties other than White (Button) mushrooms were commercially produced in the United States, making Sam one of the earliest domestic producers of Shiitakes and Oysters

- Organic Oyster
- Eryngii Mushroom

Summer Fruits

Fruit	Growing Region	Availability
Apples, Gravstein	California	July - October
Apricots	California	May - Mid August
Apricots, Frog Hollow	California	May - June
Apricots, Royal Blenheim	California	June - Mid July
Apriums	California	May - June
Asian Pear, Shinko	California	August - Mid December
Blackberries, Navajo	California	June
Blackberries, Organic	California	July - September
Blueberries	California	May - June
Blueberries	Oregon/WA/Canaa	July - October
Blueberries	South America	March - November
Boysenberries	California	Late June - July
Charantais	California	June - Mid September
Cherries, Bing	Washington	June - July
Cherries, Bing Organic	California	June
Cherries, Rainier	California	June - July
Cranberries	California	August - November
Currants (Black, Red, White)	California/Oregon	July - August
Dates, Barhi	California	Year Round
Dates, Medjool	California	Year Round
Figs, Adriatic	California	June - Mid October
Figs, Black Mission	California	May - Mid September
Figs, Brown Turkey	California	June - Mid October
Figs, Candy Stripe	California	July - September
Figs, Kadota	California	Mid July - Mid September

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Summer Fruits

Fruit	Growing Region	Availability
Gooseberries, Green	Oregon	Late June - July
Grapefruit, Rio Star	California	June - Mid October
Grapes, Concord	California	Mid August - Mid October
Grapes, Muscat	California	Mid August - Mid October
Grapes, Peony	California	Mid August - Early September
Grapes, Zante	California	July - September
Huckleberries	California	Mid August - Mid November
Kumquat	California	January - August
Lime, key	Mexico	Year Round
Oranges, Valencia	California	May - December
Limequat	California	January - Mid July
Lychees	Mexico	June - Mid September
Mangoes	Peru/Mexico	January - Mid December
Mangoes, Manila	Mexico	March - Mid September
Melons, Cantaloupe	California	June - October
Melons, Crenshaw	California	July - Mid September
Melons, Galia	California	Mid May - Mid October
Melons, Honeydew	California	June - Mid October
Melons, Watermelon, Orange	California	July - Early September
Melons, Watermelon, Yellow	California	Mid May - Mid June
Melons, Ambrosia	California	July - Mid September
Melons, Canary	California	June - Mid September
Melons, Casaba	California	June - Mid September
Melons, Sharlyn	California	May - Mid December

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Summer Fruits

Vegetables	Growing Region	Availability
Nectarines	California	June - Mid September
Nectarines, Arctic Rose	California	June - Mid September
Nectarines, White	California	Mid June - Mid September
Ollalie Berries	California	June - July
Oranges, Juicing	Texas/Mexico	January - Mid December
Oranges, Valencia	California	May - Mid December
Papaya, Strawberry	Hawaii	January - Mid December
Passion Fruit	California/Florida	January - Mid December
Peaches	California	May - Mid September
Peaches, Frog Hollow	California	May - Mid September
Peaches, Saturn/Donut	California	June - Mid July
Peaches, White	California	June - September
Peaches, White	California	September - October
Pears, Bartlett	California	August - October
Pears, Cactus	U.S./Mexico	Jan - Mid March; June - Mid Dec
Pears, French Butter	WA	August - Early October
Pears, Seckel	California/Pacific Northwest	August - Mid December
Pears, Taylor Gold	New Zealand	June - Mid July
Pineapple	Hawaii/Costa Rica	January - Mid December
Pineapple, Cocktail	South Africa	January - Mid December
Plums	California	June - Mid September
Plums, Elephant Heart	California	July - Mid September
Plums, French Prune	California/Oregon	Mid August - Mid September
Plums, Italian Prune	Oregon	August - Mid September

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Summer Fruits

Vegetables	Growing Region	Availability
Plums, Santa Rosa	California	Early July
Pluots	California	June - Mid August
Pomegranates	California	August - Mid September
Raspberries	California	June - October
Raspberries, Black	California	June - July
Raspberries, Golden	California	June - July
Rhubarb, Field Grown	Northwestern U.S.	Mid March - Mid September
Star Fruit	U.S./Mexico	Mid July - Mid December
Strawberries	California	Year Round

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Summer Vegetables

Vegetables	Growing Region	Availability
Ancho Cress	California	April/Mid November
Artichokes	California	Year Round
Artichokes, Small Loose	California	Year Round
Asparagus	California	Mid March - Late June
Asparagus, White	South America	Year Round
Avocado	California	Year Round
Baby Carrots, Round	California	Year Round
Baby Fennel	California	Year Round
Baby Leeks, Organic	California	Mid June - Mid September
Baby Lettuce, Mix	California	Year Round
Baby Lettuce, Mix, Organic	California	April - October
Baby Spinach	California	Mid May - Late October
Baby Turnips, Scarlet	California	Mid May - Mid November
Beans, Blue Lake	California/Mexico	Year Round
Beans, Cannelini	California	June - October
Beans, Cranberry	California	June - October
Beans, Fava	California	April - September
Beans, French	California/Mexico	June - October
Beans, Romano	California	Late May - Mid October
Beans, Spanish Musica	California	Mid August
Beans, Yellow Wax	California	May - October
Broccoli Raab	California	January - Early April; Aug - Dec
Carrots, Nantes	California	Year Round
Carrots, Red	California/Mexico	Year Round
Celery Root	California	Year Round
Corn, Bi-Color	California	June - Mid September
Corn, Red	California	Mid July - Mid August
Corn, Silverado	California	Mid July - Mid August

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Summer Vegetables

Vegetables	Growing Region	Availability
Corn, Sweet Scarlett (red)	California	Mid July - Mid August
Corn, White	California	Mid April, Mid September
Corn, Yellow and White Bi-Color	California	Mid June - Mid September
Cucumber, Japanese	California	June - September
Cucumber, Lemon	California	June - Early December
Cucumber, Mediterranean	California	May - September
Cucumber, Persian	California	Mid July - Mid August
Cucumber, English	California	Year Round
Eggplant, Rosa Bianca	California	August - October
Fennel	California	Year Round
Fennel Pollen (Wild)	California	Year Round
Horseradish Root	US	Year Round
Leek	California	Year Round
Lettuce, Freckled	California	May - Mid October
Micro Bull's Blood	California	March - May
Mizuna	California	Year Round
Mousseron	France	Mid May - Mid June
Mushrooms, Hedgehog	California	Year Round
Mushrooms, Hen of the Wood	Hawaii	Year Round
Mushrooms, Morel	California/Oregon	May - Early June
Mushrooms, Porcini	California	May - Early June
Onions, Cippolini	California	July - Late August
Onions, Red Spring	California	March - June
Onions, Red Torpedo, Organic	California	June - July
Onions, Vidalia	Georgia	May - June
Pan di Zuccherò	California	April - November
Peas, Black-Eye	California	Late July - August

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Summer Vegetables

Vegetables	Growing Region	Availability
Peas, English Jacopi	California	April - November
Peas, Purple Hulled Crowder	California	August - October
Peppercress, Organic	California	May - November
Peppers, Flamingo	California	July - Late August
Peppers, Gypsy, Organic	California	August - Late October
Peppers, Pasilla	California/Mexico	Year Round
Peppers, Red, Gypsy	California	August - Mid October
Potatoes, French Fingerling	California/Idaho	Year Round
Potatoes, German Butterball	California/Montana	Jan - Mid March; Mid May - Dec
Potatoes, Purple Peruvian	Idaho	Jan - Mid May; Aug - December
Potatoes, Red Thumb	Oregon	Mid August - December
Potatoes, Ruby Crescent	Oregon	Year Round
Potatoes, Yellow Finn	California	Year Round
Potatoes, Yukon Gold	California/Washington	Year Round
Radicchio, Summer Treviso	California	Late June - Mid October
Radish, Black Spanish	California	May - September
Radish, Easter Egg	California	Year Round
Radish, French Breakfast	California/Mexico	Year Round
Radish, Watermelon	California	January - February, May - Dec
Squash Blossoms, Male	California	April - Mid August
Squash, Gray, Lebanese	California	May - July
Tomatoes, Early Girl	California	July - Late September
Tomatoes, Roma	California	June - Late September
Tomatoes, Heirloom	California	June - November
Tomatoes, Wilgenberg Green	California	March - July
Tomatoes, Cherry Toybox	California	July - October

Orange box = Grown outside US

Blue box = Grown outside of California, but inside U.S.

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Summer Vegetables

Vegetables	Growing Region	Availability
Turnips, Baby	California	Year Round
Watercress, Sausalito Springs	California	May - October
Zucchini	California	Year Round

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