



Winter Seasonal Guide

December 21 - March 20

Winter

Mid-December, January, February, Mid-March

Winter proper arrives December 21st at the Solstice. Most winter crops are well under way and we look toward the growing light with some hope. Prime in winter are most brassicas, citrus, fennel, hardy and bitter greens, winter squash, leeks and root crops. All things to nourish our bodies against the chill and to stimulate our appetites with bitter, bold and tart flavors. Apples, pears, and some tropicals provide other fruit options along with the seasonal persimmons, pomegranates and quince. Soft fruits and vegetables do not fare well, traveling long distances and often disappointing in flavor and value.

ARTICHOKES: Best in March through May. Expect supply gaps, quality variation and price spikes through most of the Winter season. Cardoon, both conventional and organic from Knoll Farms is a hearty option and a parent of the artichoke. Useful in gratins, soups, and delicious fried. Sunchokes/Jerusalem artichokes have a nutty edge to their milk artichoke flavor- a Northern American native tuber!

CHICORIES/GREENS: In the world of produce the winter selection is slim. Belgian endive, both red and green, are often overlooked as salad options (or cooked in cream). Escarole, chards in an array of colors, blanched frisee and Castle Franco generally hold up to winter blasts. Mixed chicories (both large and small size) from County Line provide gorgeous colors, bracing flavor and great texture. Try their italian salad mix and straight packs of pan Di zuccero and puntarelle. New this year to the chicory line up is Coraline from our friends at California Endive Farms - mild and ruffled, reminiscent of Pissenlit. Collards, mustards and kales love the cold and Bloomsdale Spinach shows off it's savoyed character.

CITRUS: Choices abound. Fall options include Buddah hand, finger limes, meyer lemons, tangerines and yuzu continue through the new year, with a few dropouts along the way. Cara Cara pink navels and blood oranges generally start from California in mid December and continue through into early spring. Honey, Pixie and Page tangerines come on and Minneola Tangelos start as stem and leaf Satsumas wane. Juicing oranges are mild in flavor and some boost the flavor with juice of blood oranges or tangerines. Evolution offers a tangerine juice option through March. At the turn of the year bitter oranges such as Seville and Bergamot become briefly available.



HERBS: As with lettuces and other soft greens (arugula and rocolla), the supply and quality of tender herbs-in particular chervil, chives and tarragon-can be troublesome through our winter season. Shorter shelf life and some yellowing of chervil in particular are common. These soft tender herbs are coming from more distant growing areas, often with their own weather challenges, and the longer shipping does no favors to the delicate aromatics. Heartier herbs such as Thyme and Rosemary are better suited for colder, wet weather.

RHUBARB: Typically a harbinger of spring, Hothouse Rhubarb starts in January from Washington State. We opt for the large, "double red" offerings and avoid the lesser flavored, lighter colored, stringy options. By late February, full flavored field grown stalks are in from Oregon

ROOT CROPS: There may be some supply issues through the winter-sizing can also be a challenge. Beets especially can range from extra petite baby to sack beets the size of a baby's head! Carrots (varying availability of small and different colors during the season may be aggravating), celery root, kohlrabi, parsnips, rutabagas, turnips. Burdock (gobo), taro, and horseradish to spice things up (and the aromatics galangal and ginger).

BRASSICAS: Barring major weather challenges this is an excellent time for all the broccolis, broccolini, di Chicco, rabe and romanesque. Cauliflower also gets sweeter with the cold. Often available are green, orange (cheddar) and purple in addition to white cauliflower. Spigarello broccoli (Cavolo Broccola a Getti di Napoli) is also a great option, a leafy green that tastes like broccoli but the leaves and not the flowers are eaten.

Seasonal Menu Picks

Fruit

Apples: Braeburns, Honey Crisp, Fuji, Gala, Granny Smith, Lady
Citrus: Meyer Lemons, Buddha's Hand, Grapefruit, Pommelo, Kumquats, Mandarins-Satsumas, Clementines, Murcott (November-January), Page (December-February), Pixies (February-March)
Oranges - Navel, Cara Cara, Blood. (Bergamot usually come on late December, with Sevilles to follow.)
Tangerines, Tangelos-Minneolas (January-April)
Cranberries, Huckleberries (now frozen)
Kiwi
Pears
Persimmons
Rhubarb: Hothouse
Tropicals: Banana, Coconut, Mango, Papaya, Pineapple, Limited Passionfruit, Starfruit.
Pomegranates (ends Dec - Jan)
Quince (ends Dec)
Yuzu Limes
Finger Limes
Mandarinquats

Note: Hachiya, Fuyu Persimmons, and Pomegranates typically play out around end of December

Vegetables

Artichokes, Cardoon, Sunchokes
Bok Choy: Baby, Full Sized
Broccoli: Romanesque, Di Cicco (May be intermittent supply), Broccoli Rabe, Broccolini, Gai Lan
Cauliflower: White, plus some purple/graf-
fiti, orange/creamsicle /cheddar, green, and baby mixed
Cabbage: Green, Red, Savoy, Napa
Belgian Endive: White, Red, Mixed cases
Brussel Sprouts: Regular, baby, 4x5 1/2 cut
Baby Greens: Escarole, Mustard, Mixed Mustard, Braising Mix, Arugula, Spinach
Dandelion (green or red)
Full Sized Greens: Collards, Escarole, Mustard, Chards
Kale: Green, Lacinato, Red Russian, Karinata
Chicories: Frisee, County Line Mixed, Puntarelle, Tardivo, Castelfranco Treviso, Baby Mixed Chicories, Italian Salad Mix, Coraline
Fennel: Baby, full sized
Celery Root
Leeks: Baby, full sized
Potatoes: German Butterball, Yellow Finn, Purple, Fingerlings (French, Banana, Yellow Flesh)
Yams, Sweet Potatoes
Mushrooms: Chanterelles (Season varies every year) Black Trumpet (into March), Hedgehog
Onions: Cippolina, Red and Yellow, Pearl Onions in White, Gold, Red, Boiling Onions.
Radishes: Black Spanish, Watermelon, Red Icicle, Easter Egg, French Breakfast, Daikon

Beets: all, including baby rainbow mix (may be some supply gaps through the season)

Parsnips: Full sized

Various Roots: Taro, Yucca, Lotus, Tumeric, Galanga, Burdock Ruta-baga, Carrots, Horseradish, Sun Chokes, Kohlrabi

Spinach: Bloomsdale

Turnips: Baby White, Full Sized, Scarlet

Winter Squash: Acorn, Butternut, Kabocha, Spaghetti. Smaller, Thin-skinned varieties such as Delicata, Carnival, Sweet Dump-
ling, and Sugar Pie Pumpkins usually finish in January.

Nuts

Almond, Cashew, Filbert/Hazelnut, Macadamia, Pecan, Pinenut, Pistacio, Walnut, Italian Chestnuts

Juice

Evolution Tangerine Juice

WINTER UPDATE

Small Local Farms

Capay Farm

(Capay, Yolo County)

Satsuma
Murcott
Nantes Carrots
Chards
Kales

Coke Farm

(Aromas, Monterey County)

Artichokes
Beets
Cauliflower
Celery Root
Chicory/Puntarelle
Meyer Lemon
Escarole

Comanche Creek

(Butte County)

Fuyu Persimmons
Red Russian Kale
Lacinato Kale
Bok Choy
Braising Mix
Sugar Pie Pumpkins
Mini Butternut Squash

County Line

Harvest

(Thermal, Riverside County)

Baby Orange Carrots
Baby Toybox Carrots
Rainbow Chard
Mixed Palla Rosa and Rosa di
Verona Chicory
Green and Red Baby Dandelion
Baby Escarole
Lacinato Kale
Mache
Mustard Mix
Tardivo Radicchio
Baby White Turnips
Castle Franco
Frisee

Iacopi Farms

(Half Moon Bay, San
Mateo County)

Green and Rainbow Chard
Satsuma Mandarins
King Richard Leeks
Yellow Finn Potatoes
Butternut and Delicata Squash
Scarlet Turnips

Lakeside

(Monterey County)

Broccoli and Cauliflower
Kale/Chards

Knoll Farms

(Brentwood, Contra Costa
County)

Chicory
Cardoon
Rapini Mix

Ratto Bros

(San Joaquin Valley)

Savoy Cabbage
Kale
Kohlrabi
Mustard Greens

WINTER FRUITS



FRUIT	GROWING REGION	AVAILABILITY
Apples, Braeburn*	Washington	January - February; December
Apples, Crab**	Canada	Mid September - December
Apples, Lady	California - Santa Barbara	Mid September - December
Apples, Red Rome*	Northwestern US	January - February; Nov. - Mid Dec
Asian Pears, Shinko / Hosui	California - Tulare	August - Mid December
Bergamot	California - S.D. / Tulare	January - May
Citron	California	January; November - December
Citron, Buddha's Hand	California - S.D. / Tulare	January; November - December
Cranberries*	Massachusetts, Oregon	September - Late December
Cranberries*	Michigan	Late September - Early December
Dates, Medjool	California - Riverside	Year Round
Grapefruit, Cocktail	California - Riverside	January - March; December
Grapefruit, Rio Star*	Texas	January - April; September - December
Kiwi	California	January - April; September - December
Kumquat*	California / Florida	January - August; Nov. - Dec.
Lemons, Meyer	California	January - Mid May; Nov. - Dec.
Limes, Key**	Mexico	Year Round
Limes, Makrut	California	January - February; November
Limequat	California	January - Mid July; Nov. - Dec.
Mandarin, Page	California	Mid January - February
Mandarin, Satsuma	California	January; November - December
Mangoes**	Peru/Mexico/Brazil	Year Round
Oranges, Blood Moro	California	January - Mid April; December
Oranges, Cara Cara	California	January - February; December
Oranges, Navel	California	January - Mid April; Nov. - Dec.
Oranges, Seville	California	January - February; December
Oranges, Valencia	California	May - December
Oro Blanco	California	January - February; December
Passion Fruit**	California/Florida/New Zealand	Year Round

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Pears, Cactus**	US/Mexico	January - March; June - December
Pears, Comice*	California/Northwest	January - February; Sept. - Dec.
Pears, Forelle*	California/Northwest	January; September - December
Pears, Seckels*	California/Northwest	August - December
Persimmons, Fuyu	California	October - Mid December
Persimmons, Hachiya	California	October - Mid December
Pineapples**	Hawaii/Costa Rica	Year Round
Pineapples, Cocktail**	South Africa	Year Round
Pomegranates	California	September - December
Pommelo	California	January - February; Nov. - Dec.
Quince	California	Late July - December
Star Fruit**	US/Mexico	Jan. - Late March; Late July - December
Star Fruit**	Taiwan	Jan. - Early March; Sept. - Mid Dec.
Strawberries	California	Year Round
Tangelos, Minneola	California	January - Late March
Tangerines, Honey*	Florida	January - Late February
Tangerines, Sunburst*	Florida	January; October - December
Yuzu	California	November - December

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Artichokes	California	Year Round
Artichokes, Small Loose	California	Year Round
Asparagus, White**	South America	Year Round
Avocado**	California/Mexico/Chile	Year Round
Baby Broccoli Raab	California	Mid January - late April; August - Dec.
Baby Fennel	California	Year Round
Baby Lettuce, Mix	California	Year Round
Broccoli Raab	California	Jan. - early April; mid Aug. - Sept.
Broccoli Romanesque	California	January - February; Oct. - Dec.
Broccoli, Chinese (Gai Lan)	California	Year Round
Broccoli, Italian Sprouting	California	January - Mid March; Nov. - Dec.
Brussels Sprouts	California	January - late February; Oct. - Dec.
Burdock Root	California	Year Round
Cardoon	California	Jan - late March; Sept. - Dec.
Carrots, Nantes	California	January - mid April; Mid Nov. - Dec.
Castelfranco Chicory	California	Jan. - mid April; Nov. - Dec.
Cauliflower	California	Year Round
Celery Root	California	Year Round
Chicories	California	Jan. - late April; Mid Oct. - Dec.
Chicory, Puntarelle	California	January - February; Nov. - Dec.
Cucumber, Japanese	California	Year Round
Cucumber, English	California	Year Round
Dandelion Greens, Baby	California	mid February - mid May
Dandelion, Red	California	mid January - mid May
Endive, Mixed	California	Year Round
Escarole	California	Year Round
Fennel	California	Year Round
Greens, Braising	California	Jan. - mid April; Nov. - Dec.
Hearts of Palm**	Costa Rica	Year Round
Horseradish Root*	U.S.	Year Round
Kale, Lacinato	California	Jan. - mid April; late Nov. - Dec.
Kale, Red	California	Jan. - mid April; late Nov. - Dec.
Kohlrabi, Green and Purple	California	Jan. - mid April; late Nov. - Dec.

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Leeks	California	Year Round
Mushrooms, Black Chantarelle*	Pacific Northwest	January - mid. Feb; late Dec.
Mushrooms, Black Trumpets*	Oregon/California	January - late April; late Dec.
Mushrooms, Hedgehog	California	Year Round
Mushrooms, Chanterelle*	California/Oregon	January - late April
Mushrooms, Hen of the Wood	California	Year Round
Nettles, Stinging (Wild)	California	February - late April
Okinawa, Sweet	California	January - mid April
Onions, White Spring	California	January - mid May
Pan di Zuccherho	California	Jan. - July; Sept. - Dec.
Peppers, Pasilla**	California/Mexico	Year Round
Potatoes, Banana Fingerling*	Washington	January - March; Sept. - Dec.
Potatoes, French Fingerling*	California/Idaho	Year Round
Potatoes, German Butterball*	California/Montana	Year Round
Potatoes, Purple Peruvian*	Idaho	Jan. - mid May; Aug. - Dec.
Potatoes, Ruby Crescent*	Oregon	Year Round
Potatoes, Yellow Fin	California	Year Round
Potatoes, Yukon Gold*	California/Washington	Year Round
Puntarelle, Chicory	California	Late October - December
Radichio Mix, Baby	California	January - February; Oct. - Dec.
Radicchio, Castelfranco	California	January; October - December
Radicchio, Treviso	California	Year Round
Radish, Easter Egg	California	Year Round
Radish, French Breakfast**	California/Mexico	Year Round
Radish, Watermelon	California	Jan. - mid Feb; May - December
Rhubarb, Field*	Oregon	March - September
Rhubarb, Hot House*	Washington	January - late March
Rutabaga*	California/Oregon	Year Round
Salsify**	Europe	Jan. - mid May; mid Sept. - Dec.

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Spinach, Bloomsdale	California	Jan. - mid March; Oct. - Dec.
Sunchokes	California	Jan. - mid March; Oct. - Dec.
Turnips, Baby	California	Year Round
Turnips, Scarlet	California	Jan. - mid April; Sept. - Dec.
Watercress, Living	California	April - November
Yams, Garnet, Japanese Sweet	California	Jan. - April; Sept. - Dec.

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