



# Spring

## Seasonal Guide

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March, April, May

# 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, and Morel. Fruit choices are limited. Summer is 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

Rhubarb  
Murcott Mandarins  
Minneola Tangelos  
Green Strawberries -  
(coming in last week  
of March)

### 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.



# 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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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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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 Raddicchio	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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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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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	May - September
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	May - September
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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## 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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