



Summer

Seasonal Guide

June, July, August

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

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 Lake vie 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: We are currently carrying local County-Line strawberries that have a sweet, unparalleled flavor. 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. New Gaviota variety “wild” strawberries are also available!

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. We will source lemons from Chile for the Summer until the Fall.

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.

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.

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.



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. During the Summer months, conventionally grown California Apricots, Nectarines, Peaches (white and yellow), Plums, and Pluots get better and better as the season progresses. Frog Hollow organic peaches start in June and continue through the Fall.

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.



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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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 Sept - Mid June
Melons, Ambrosia	California	July - Mid September
Melons, Canary	California	June - Mid Septembe
Melons, Casaba	California	June - Mid Septembe
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	Washington	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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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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Vegetables	Growing Region	Availability
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 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, Yellow Wax	California	May - October
Broccoli Raab	California	January - Early April; Aug - Dec
Carrots, Nantes	California	Winter/Spring
Celery Root	California	Fall through Spring
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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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

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Vegetables

Growing Region

Availability

Vegetables	Growing Region	Availability
Turnips, Baby	California	Year Round
Zucchini	California	Year Round

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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, 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
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 Zucchero	California	April - November
Peas, Black-Eye	California	Late July - August

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