



SUMMER

Seasonal Guide

June, July, August

2023

Revised May 16, 2023

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Summer Seasonal Items



Summer Solstice (the midpoint 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. This year months of rains in late winter and early spring delayed planting of row crops. Stonefruit started early and looks to have survived the wet spring. Excessive summer 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 & Red Currants
- Gooseberries
- Strawberries
- Figs: Adriatic, Black Mission,
- Brown Turkey, Candy Stripe (mostly organic)
- Cherries (end in July)
- Nectarines, Peaches and Plums
- Zante “Champagne” Grapes
- Melons

Vegetables:

- Agretti
- Arugula & Rucola
- Beans: String & Shelling
- Broccoli di Ciccio
- Broccoli Rabe
- Cauliflower: Florentino, Caulini
- Corn: Bi-Color
- Cresses: Ancho, Pepper, Water
- Cucumbers: Lemon, Serpent, Persian, Pickle
- Dandelion Greens: Baby Green & Red Eggplants
- Lettuces
- Onions: Young (with tops)
- Peppers: Sweet, Hot, Gypsy, Spanish
- Peas: English, Snap
- Potatoes: German Butterball, Yellow Finn, Fingerlings
- Squashes: Toybox, Sunburst, Ronde de Nice, Gold Zucchini,
- Squash Blossoms (local)
- Tomatoes: Heirloom, Caprese, and Cherry mixes

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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: 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 and Gooseberries make their brief appearance at the table - most of these crops come from Oregon. New Gaviota variety “wild” strawberries are also available in July!

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.

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Summer Fruits

| Fruit | Growing Region | Availability |
|--------------------------|-------------------------------|-----------------------|
| Apples, Gravestain | 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, Washington, Canada | July - October |
| Blueberries | South America | March - November |

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| 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 |

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| Figs, Brown Turkey | California | June - Mid October |
| Figs, Candy Stripe | California | July - September |
| Figs, Kadota | California | Mid July - Mid September |
| 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 |

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| 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 |

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| Melons, Watermelon, Yellow | California | Mid Sept - 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 |
| 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 |

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| 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 North West | August - Mid December |



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| 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 |
| Plums, Santa Rosa | California | Early July |
| Pluots | California | June - Mid August |
| Pomegranates | California | August - Mid September |
| Raspberries | California | June - October |

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| 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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| 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 |

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| 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, August - December |
| Carrots, Nantes | California | Winter-Spring |
| Celery Root | California | Fall-Spring |
| Corn, Bi-Color | California | June - Mid September |

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| Corn, Red | California | Mid July - Mid August |
| Corn, Silverado | California | Mid July - Mid August |
| Corn, White | California | Mid April, Mid September |
| Corn, Yellow, 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 |

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| 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, Cipolini | California | July - Late August |
| Onions, Red Spring | California | March - June |

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| 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 |
| Peas, English Iacopi | 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 |

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| 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 |

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| Radish, Watermelon | California | January - February, May - December |
| 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 |
| Turnips, Baby | California | Year Round |
| Zucchini | California | Year Round |

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