



FALL

Seasonal Guide

September, October,
November
2023

UPDATED: 8/2/23



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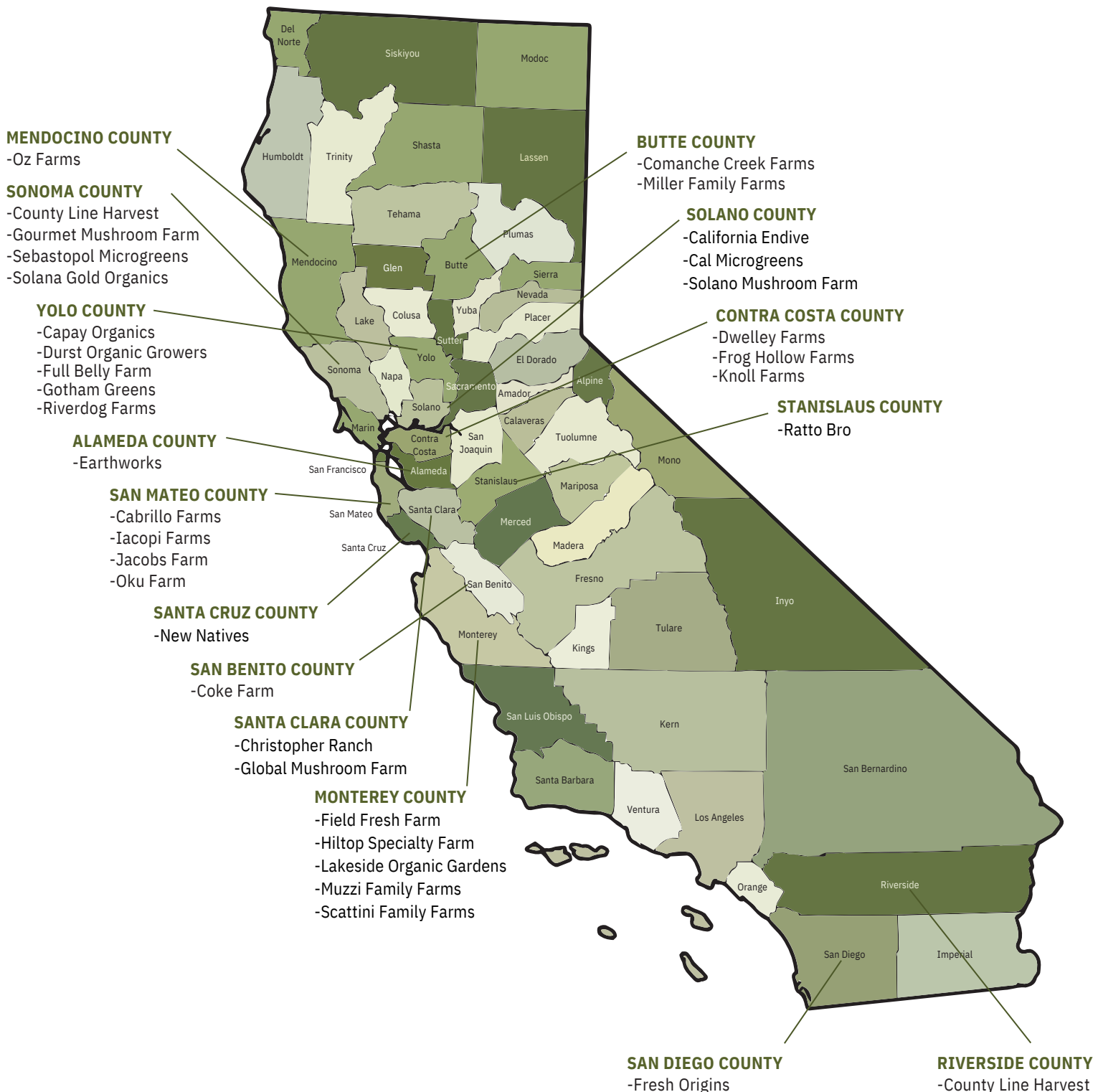




GREENLEAF

Providing Ingredients that Matter

Our Outstanding Local Farms



Seasonal Menu Picks



Fruits:

- Apples
- Cranberries
- Figs
- Huckleberries
- Kiwi
- Grapes: Zante, Peony, Concord, Muscat
- Melons: Local
- Pears
- Persimmons: Fuyu, Haichiya
- Plums
- Pomegranates
- Quince: Pineapple Variety
- Nuts: Chestnuts

Vegetables:

- Artichokes
- Beets: all, including baby
- Broccoli: Romanesque, Di Cicco, Rabe, Broccolini
- Brussels Sprouts
- Cauliflower: Basic, Purple, Green, Orange/Cheddar
- Celery Root
- Chicories: Frisee, County Line Harvest's mixed variety, Knoll Farm's Puntarelle
- Eggplant: Local Heirlooms, Toybox, Rosa Bianca
- Fennel: baby and full sized
- Greens: Baby- Escarole, Mustard, Tatsoi, Mizuna, Braising Mix, Arugula, Spinach, Dandelion Greens. Full Sized- Escarole, Mustard, Kale (Green, Lacinato, Red Russian, Spigariello)
- Leeks
- Shelling Beans: Cannellini, Flageolet, Borlotti, Lima, and more.
- Onions: Local Fresh Mixed Cippolini
- Parsnips
- Rutabaga
- Peppers: Local Heirlooms, Toybox
- Potatoes: German Butterball, French Fingerling, and more.
- Pumpkin: Long Island
- Cheese, Fairytale, White, Sugar Pie, and all decorative sizes.
- Radishes: Black Spanish, Watermelon, Red Icicle, Easter Egg, French Breakfast, Purple Daikon, Purple Ninja
- Turnips: Baby White, Scarlet Winter
- Squash: Red Kuri, Kabocha, Delicata, Sweet Dumpling, and more.



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Fall Seasonal Items



September, October, November

Fall seasonal fruits include apples, pears, persimmons, pomegranates, and quince. Around the end of October, the first hint of citrus season begins.

Vegetable highlights include artichokes/cardoons, the brassicas, broccolis, brussel sprouts, cauliflowers, celery root, fennel, leeks, and winter squash.

Apples: Most heirloom varieties are short cropping (around 2-3 weeks), and are not good storage candidates. Gravensteins herald the beginning of apple season in mid August as the harvest begins. Commercial crops are gathered now and placed in a controlled atmosphere storage to help through the winter months. Cold temperatures, ill timed heat waves, and storms can all affect the outcome of an apple season.

Artichokes: The summer heat drastically reduces the bloom of artichoke flowers, as the plant reacts by shutting down to conserve energy. While artichoke season peaks in spring, there's often a flush of supply in fall after the summer heat settles. Cardoons return in fall as well.

Avocados: The California-grown avocado crop continues to decline as fewer trees are farmed due to climate change, drought, and fires from previous years.

Berries: Blackberries, blueberries, and raspberries are being sourced from the Pacific Northwest and Mexico. In previous years, locally grown raspberries hang on into late October. We generally source strawberries year round from California, with New Zealand, Chile, Florida, or Mexico to cover if needed. Because soft berries do not travel well, cranberries and huckleberries are the best choice of berries during these months.



Fall Seasonal Items

Citrus: Rio Star Grapefruit is a great choice to brighten your fall palates. Fairchild Tangerines, Buddha Hands, and Makrut (Kaffir) Limes are potential early fall arrivals. Citrus season does not fully get started until late November when Satsuma Mandarins, Blood Oranges, and Meyer Lemons gear up. Valencia Oranges end around this time, and we transition to Navel Oranges until late spring. Finger Limes continue throughout the fall season.

Fennel: Fennel is at its peak around this time of year, both full sized and baby. Fennel Pollen is also a great addition to the fall season.

Greens: Hearty greens thrive in cooler, autumn weather. Chard, Dandelion Greens, Escarole, Frisee, Collard Greens, Mustard Greens, and Kale are prominently featured around this time of year. Smaller leaved options include Braising Mix, Baby Mizuna, Red Mustard Greens, and Tatsoi. County Line Harvest is continuing with their popular Baby Head Lettuces in Thermal, California, along with their other specialty greens. There is a return of Organic Mixed Chicories and single pack varieties in October, including Castlefranco, Tardivo and Treviso. Soft lettuces like Spring Mix and larger leaf lettuces suffer as cool weather hits. Please note that sourcing from southern growing regions requires a two-day trip after harvest, which adversely affects quality and shelf life.

Herbs: Local Basil winds down and we shift to Baja California for a conventional variety around this time. We should have Mexico-grown Organic Cilantro and Italian Parsely supply through the winter months. Tender herbs such as Chives, Chervil, and Tarragon are challenged by the cold season. The hardier herbs such as Oregano, Marjoram, Rosemary, Thyme and Sage still come from small local farmers.

Mushrooms: Wild Mushroom supplies may be limited due to rainy weather.

Persimmons: Both commercially available varieties such as Fuyu and Hachiya come into season around mid to late October. Both finish before Christmas, sometimes in early December. Occasionally, we hit a vein of "chocolate variety" persimmons, which have intriguing coloring and flavor.

Roots: Fall is the prime season for root crops. Beets, Carrots, Parsnips, Turnips, Sunchokes, and Salsify are abundant at this time. The Black Spanish and Watermelon radishes are especially striking on plates. Purple Daikon and Purple Ninja are also available, along with Easter Egg and French Breakfast radishes.

Thanksgiving: Green Beans tend to be more chewy around this time of year. Better options for your menus include seasonal favorites like Broccoli, Broccolini, Broccoli Di Cicco, Cauliflower, Brussels Sprouts, Hard Squash, and Yams.



Fall Fruits

Fruit	Growing Region	Availability
Apples, Crab	California	September - December
Apples, Gravenstein	California	August - September
Apples, Lady	California	Mid September - December
Apples, Pink Pearl	California	September
Apples, Rome	California	October - November
Apples, Sierra Beauty	California	Mid October - Mid December
Asian Pear, Shinko/Housi	California	August - Mid December
Charantais	California	Late June - September
Citron, Buddha's Hand	California	November - January
Cranberries	Massachusetts	September - December
Cranberries	Michigan	Mid September - Early December

■ = Grown outside US



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Fall Fruits

Fruit	Growing Region	Availability
Dates, Barhi	California	September - December
Dates, Medjool	California	Year Round
Figs, Black Mission	California	May - Mid September
Figs, Brown Turkey	California	June - Mid October
Figs, Kadota	California	Mid July - Mid September
Grapefruit, Indian River	Texas	July - December
Grapefruit, Rio Star	California	June - Mid October
Grapes, Chardonnay	California	September - October
Grapes, Concord	California	Mid August - Mid October
Grapes, Gawurtztraminer	California	September - Mid October
Grapes, Muscat	California	Mid August - Mid October

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Fall Fruits

Fruit	Growing Region	Availability
Grapes, Peopny	California	Mid August - Early September
Grapes, Syrah	California	Mid September - Mid October
Graped, Zante	California	July - September
Huckleberries	Oregon	Mid August - November
Lime, Key	Mexico	Year Round
Mandarin, Lee	California	November - January
Mandarin, Page	California	November - January
Mandarin, Satsuma	California	November - January
Mangoes	Peru/Mexico/Brazil	Year Round
Melons, Canteloupe	California	Year Round
Melons, Canary	California	June - September

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Fall Fruits

Fruit	Growing Region	Availability
Melons, Casaba	California	June - September
Melons Crane	California	June - September
Melons, Galia	California	May - October
Melons, Honeydew, Pink	California	June - September
Melons, Sharlyn	California	May - Mid December
Nectarines	California	May - September
Nectarines, Arctic Rose	California	June - Mid September
Nectarines, White	California	Late June - September
Oranges, Valencia	California	May - Mid December
Papaya, Strawberry	Hawaii	Year Round
Passion Fruit	California/Florida/ New Zealand	Year Round

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Fall Fruits

Fruit	Growing Region	Availability
Peaches	California	May - Mid September
Peaches, Frog Hollow	California	May - Mid September
Peaches, Indian Blood	California	September
Peaches, White	California	May - Mid September
Peaches, White - Goldbud	California	September - Mid October
Pears, Bartlett	Northwest	Mid August - November
Pears, Cactus	US/Mexico	June - December
Pears, Comice	California/Northwest	September - December
Pears, D'Anjou	California/Northwest	Late September - Late November
Pears, French Butter	Washington	August - Early October
Pears, Seckel	California/ Pacific Northwest	August - Mid December

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Fall Fruits

Fruit	Growing Region	Availability
Persimmons, Fuyu	California	October - December
Persimmons, Machiya	California	October - December
Pomegranates	California	August - December
Pomelo	California	November - December
Quince	California	September - December
Rhubarb, Field Grown	Northwest	Mid March - Mid September
Star Fruit	US/Mexico	Late July - December
Strawberries	California	Year Round
Tangerines, Fairchild	California	June - Mid December
Tangerines, Fallglo	Florida	Late October - December
Tangerines, Fremont	California	October - December
Tangerines, Sunburst	Florida	October - December

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Fall Vegetables

Vegetables	Growing Region	Availability
Artichokes	California	Year Round
Artichokes, Small Loose	California	Year Round
Asparagus, White	South America	Year Round
Avocado	California/Mexico/Peru	Year Round
Baby Fennel	California	Year Round
Baby Leeks, Conventional	California	Mid June - Mid September
Baby Lettuce, Mix	California	Year Round
Baby Lettuce Mix, Organic	California	Year Round
Baby Lettuce, Mix, Organic	California	Mid May - Late October
Baby Spinach	California	Mid May - Late October
Beans, Cranberry	California	June - October

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Fall Vegetables

Vegetables	Growing Region	Availability
Beans, Fava	California	April - September
Beans, Romano	California	Late May - Mid October
Broccoli Raab	California	August - December
Broccoli, Chinese (Gai Lan)	California	Year Round
Broccoli, Italian Sprouting	California	November - December
Brussel Sprouts	California	October - December
Burdock Root	California	Year Round
Cardoon	California	September - December
Castlefranco Radicchio	California	Nov - December
Cauliflower	California	Year Round
Celery Root	California	Year Round

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Fall Vegetables

Vegetables	Growing Region	Availability
Chicories	California	Late October - Late March
Endive, Mixed	California	Year Round
Escarole	California	Year Round
Fennel	California	Year Round
Frisee	California	Year Round
Garlic, Green	California	Mid Sept - Mid Nov
Horseradish Root	US	Year Round
Kale, Lacinato	California	Year Round
Leeks	California	Mid Nov - December
Mizuna	California	Year Round
Mushrooms, Hedgehog	California	Year Round

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Vegetables	Growing Region	Availability
Mushrooms, Hen of the Wood	Hawaii	Year Round
Mushrooms, Lobster	Northwest	August - October
Mushrooms, Matsutake	Oregon	September - October
Okinawa, Sweet	California	September - December
Pan di Zuccherò	California	April - November
Peppers, Corno di Toro	California	September - October
Peppers, Gypsy - Organic	California	June - Late October
Peppers, Pasilla	California/Mexico	Year Round
Peppers, Red Gypsy	California	July - Mid October
Potatoes, Banana Fingerling	Washington	September - December
Potatoes, French Fingerling	California/Idaho	Year Round

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Vegetables	Growing Region	Availability
Potatoes, German Butterball	California	May - January
Potatoes, Purple Peruvian	Idaho	August - December
Potatoes, Red Thumb	Oregon	Mid August - December
Potatoes, Ruby Crescent	Oregon	Year Round
Pumpkins, Baby Bear	California	September - December
Pumpkins, Mini	California	September - December
Pumpkins, Sugar Pie	California	September - December
Puntarelle, Chicory	California	Late October - December
Radicchio Mix, Baby	California	October - December
Radicchio, Treviso	California	Year Round
Radish, Easter Egg	California	Year Round

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Vegetables	Growing Region	Availability
Radish, French Breakfast	Mexico/California	Year Round
Radish, Watermelon	California	May - December
Rutabaya	Oregon/California	Year Round
Salsify	California	Mid September - December
Spinach, Bloomsdale	California	Mid Sept - December
Squash, Blue Hubbard	California	October - Late November
Squash, Butternut	California	October - Late November
Squash, Carnival	California	September - Mid November
Squash, Delicata	California	September - Late November
Squash, Green Acorn	California	September - Mid November
Squash, Kabocha	California	September - Mid November

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Vegetables	Growing Region	Availability
Squash, Long Island Cheese	California	October - Mid November
Squash, Red Kuri	California	October - Mid November
Squash, Rouge d'Etampe	California	Mid September - Late November
Squash, Sugar Pie	California	Mid September - December
Tomatoes, Early Girl	California	July - October
Tomatoes, Roma	California	June -Late September
Tomatoes, Heirloom	California	June - November
Tomatoes, Cherry Toybox	California	July - October
Turnips, Baby	California	July - May
Turnips, Scarlet	California	Sept - December
Watercress, Living	California	Year Round

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Fall Vegetables

Vegetables	Growing Region	Availability
Yams, Garnet	California	August - December
Yams, Japanese Sweet	California	August - December

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