



Winter Seasonal Guide

December, January,
February, March
2023



GREENLEAF

Providing Ingredients that Matter

Our Outstanding Local Farms



Small Local Farms



Capay Farm

Yolo County

- Satsuma
- Murcott
- Nantes Carrots
- Chards
- Kales

Coke Farm

Monterey County

- Artichokes
- Beets
- Cauliflower
- Celery Root
- Chicory/Puntarelle
- Meyer Lemon
- Escarole

Comanche Creek Farm

Butte County

- Fuyu Persimmons
- Coffee Cake Persimmons
- Chocolate Persimmons
- Red Russian Kale
- Lacinato Kale
- Bok Choy
- Braising Mix
- Sugar Pie Pumpkins
- Mini Butternut Squash
- Honeynut Squash
- Red Kuri Squash

County Line Harvest

Thermal/Petaluma

- Baby Orange Carrots
- Baby Toybox Carrots
- Rainbow Chard
- Green and Red Baby Dandelion
- Baby Escarole
- Lacinato Kale
- Mustard Mix
- Tardivo Radicchio
- Baby White Turnips
- Castle Franco
- Frisee
- Bloomsdale Spinach
- Baby Mixed Lettuce
- Little Gem Lettuce
- Arugula/Rucola
- Red Dragon Arugula
- Broccoli Spigarello
- Spring Mix
- Red Frill Mustard Greens
- Mixed Chicories

Durst Farm

Yolo County

- Sugar Pie Pumpkins
- Delicata Squash
- Sweet Dumpling Squash
- Carnival Squash

Goldbud Farm

El Dorado County

- Fuji Apples

Iacopi Farms

Half Moon Bay

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

Lakeside Organics

Monterey County

- Broccoli and Cauliflower
- Kale and Chards
- Nantes Carrots
- Red Beets
- Baby Fennel

Knoll Farms

Contra Costa County

- Chicory
- Cardoon
- Rapini Mix
- Rosemary

Ratto Bros

San Joaquin Valley

- Savoy Cabbage
- Kale
- Kohlrabi
- Mustard Greens
- Dandelion Greens

Seasonal Menu Picks



Fruits:

- **Apples:** Honey Crisp, Fuji, Gala, Granny Smith, Pink Lady, Lucy Glo
- **Citrus:** Meyer Lemons, Buddha's Hands, Grapefruit, Pommello, Kumquats, Tangerines, Quince, Mandarinquats
 - **Mandarins:** Satsumas, Clementines, Murcott, Page, Pixies
 - **Oranges:** Navel, Cara Cara, Blood, Bergamot, Seville
 - **Tangelos:** Minneolas
 - **Limes:** Finger, Yuzu
- **Cranberries**
- **Huckleberries** (frozen)
- **Kiwis**
- **Pears**
- ***Persimmons:** Chocolate, Coffee Cake, Fuyu, Hachiya
- **Rhubarb:** Hothouse
- **Tropicals:** Banana, Coconut, Mango,
- Papaya, Pineapple, Passionfruit, Starfruit
- ***Pomegranates**

Vegetables:

- **Artichokes:** Cardoon, Sunchokes
- **Bok Choy:** Baby, Full Sized, Choy Sum
- **Broccoli:** Romanesque, Di Ciccio, Rabe, Sweet Baby Broccoli, Gai Lan
- **Cauliflower:** White, Purple, Orange, Creamsicle, Cheddar, Green, Baby Mixed
- **Cabbage:** Green, Red, Savoy, Napa
- **Belgian Endive:** White, Red, Mixed
- **Brussel Sprouts:** Regular, Baby
- **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
- **Chicories:** Frisee, County Line Mixed,
- Puntarelle, Tardivo, Castelfranco Treviso,
- Baby Mixed Chicories, Italian Salad Mix
- **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, Black Trumpet, Hedgehog
- **Onions:** Cipolini, Boiling, Red, Yellow
 - **Pearl:** White, Gold, Red
- **Radishes:** Black Spanish, Watermelon, Red Icicle, Easter Egg, French Breakfast, Daikon
- **Beets**
- **Parsnips** (full sized)
- **Various Roots:** Taro, Yucca, Lotus,
- Tumeric, Galanga, Burdock Rutabaga,
- Carrots, Horseradish, Kohlrabi
- **Spinach:** Bloomsdale
- **Turnips:** Baby White, Full Sized, Scarlet
- **Winter Squash:** Acorn, Butternut, Kabocha, Spaghetti, Delicata, Carnival, Sweet Dumpling, and Sugar Pie Pumpkins

***Note: Pomegranates and all Persimmons typically play out around the end of December to January.**

Winter Seasonal Items



December, January, February, March

Winter officially arrives December 21st during the Winter Solstice. The seasonal produce at this time includes nourishing fruits and vegetables that stimulate our appetites with bitter, bold, and tart flavors.

Prime winter vegetables include most brassicas, citrus, fennel, bitter greens, winter squash, leeks, and root crops. Seasonal fruit offered at this time are apples, pears, persimmons, pomegranates, and quince. Soft fruits and vegetables do not fare well in the winter, often traveling long distances and lead to disappointing flavor and value.

Artichokes: Artichokes are the best from March through May. Expect supply gaps, quality variation, and price spikes through most of the winter season. Cardoons are a parent of the Artichoke and offer a hearty alternative during this time. Sunchoke, also known as Jerusalem Artichokes, have a subtle nuttiness to their flavor and also work as a good alternative. They work well in gratins, soups, and are delicious fried.

Chicories/Greens: Red and Green Endives are great for salads at this time. Escarole, Chards, Frisee, and Castle Franco generally hold up well in the winter. Mixed Chicories from County Line Harvest provide gorgeous colors and great flavor and texture. Their Italian Salad Mix, Pan Di Zuccero, and Puntarelle are good options to try as well. Collards, Mustards, Kales, and Spinach also shine during the winter. Coraline will not be available this year, but Indivia Riccia (“Heart of Gold Endive”) is a good substitute.

Citrus: Citrus is at its peak in the winter. We will see Buddha’s Hand Citrus, 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 into early spring. Honey, Pixie, and Page tangerines as well as Minneola Tangelos start as Stem and Leaf Satsumas wane.

Winter Seasonal Items

Herbs: As with lettuces and other soft greens, the supply and quality of tender herbs like Chervil, Chives, and Tarragon can be troublesome through the winter. Shorter shelf life and some yellowing in color is common for Chervil in particular. These soft, tender herbs come from more distant growing areas, often with their own weather challenges, and the longer shipping does no favors to their delicate structure. 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 available from Oregon.

Root Crops: There may be some supply issues through the winter and sizing can also be a challenge, especially with Beets. Carrots, Celery Root, Kohlrabi, Parsnips, Rutabagas, and Turnips are available. Burdock, Taro, and Horseradish are great to spice things up, and Galangal and Ginger provide wonderful aromatics.

Brassicas: Barring major weather challenges, this is an excellent time for Broccoli, Broccolini, Broccoli Di Chicco, Broccoli Rabe, and Broccoli Romanesque. Cauliflower also gets sweeter with the cold weather. Green, Cheddar, and Purple cauliflower are also available. Broccoli Spigarello is a great option as a leafy green similar to Broccoli.



Winter Fruits

Fruit	Growing Region	Availability
Apples, Braeburn	Washington	December - February
Apples, Crab	Canada	September - December
Apples, Lady	California	September - December
Apples, Red Rome	Northwest	November - February
Bergamot	California	January - May
Citron	California	December - January
Citron, Buddha's Hand	California	November - January
Cranberries	Massachusetts, Oregon	September - Late December
Cranberries	Michigan	Late September - Early December
Dates, Medjool	California	Year Round
Grapefruit, Cocktail	California	December - March

 = Grown outside US

 = Grown outside of California, but inside U.S.


All others = Grown in California

Please Note: These are rough guides, offered as a convenient quick reference for our customers. Each season expresses itself differently, depending on weather patterns and other seasonal factors. Please see our weekly newsletter for cutting edge fruit updates

Winter Fruits

Fruit	Growing Region	Availability
Grapefruit, Rio Star	Texas	January - April, September - December
Kiwi	California	January - April, September - December
Kumquat	California/Florida	January - August, November - December
Lemons, Meyer	California	January - Mid May, November - December
Limes, Key	Mexico	Year Round
Limes, Makrut	California	November - February
Limequat	California	January - Mid July, November - December
Mandarin, Page	California	Mid January - February
Mandarin, Satsuma	California	November - January
Mangoes	Peru/Mexico/Brazil	Year Round
Oranges, Blood Moro	California	January - Mid April, December

 = Grown outside US

 = Grown outside of California, but inside U.S.

All others = Grown in California

Please Note: These are rough guides, offered as a convenient quick reference for our customers. Each season expresses itself differently, depending on weather patterns and other seasonal factors. Please see our weekly newsletter for cutting edge fruit updates

Winter Fruits

Fruit	Growing Region	Availability
Oranges, Cara Cara	California	December - February
Oranges, Navel	California	January - Mid April, November - December
Oranges, Seville	California	December - February
Oranges, Valencia	California	May - December
Oro Blanco	California	December - February
Passion Fruit	California, Florida, New Zealand	Year Round
Pears, Asian Shinko / Hosui	California	November - January
Pears, Cactus	US/Mexico	December - March
Pears, Comice	California/Northwest	September - February
Pears, Forelle	California/Northwest	September - January
Pears, Seckels	California/Northwest	August - December

 = Grown outside US

 = Grown outside of California, but inside U.S.

All others = Grown in California

Please Note: These are rough guides, offered as a convenient quick reference for our customers. Each season expresses itself differently, depending on weather patterns and other seasonal factors. Please see our weekly newsletter for cutting edge fruit updates

Winter Fruits

Fruit	Growing Region	Availability
Persimmons, Chocolate	California	Late November
Persimmons, Coffee Cake	California	Late November
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	November - February
Quince	California	Late July - December
Star Fruit	US/Mexico	December - Late March
Star Fruit	Taiwan	September - March

 = Grown outside US

 = Grown outside of California, but inside U.S.

All others = Grown in California

Please Note: These are rough guides, offered as a convenient quick reference for our customers. Each season expresses itself differently, depending on weather patterns and other seasonal factors. Please see our weekly newsletter for cutting edge fruit updates

Winter Fruits

Fruit	Growing Region	Availability
Strawberries	California	Year Round
Tangelos, Minneola	California	January - March
Tangerines, Honey	Florida	January - February
Tangerines, Sunburst	Florida	October - January
Yuzu	California	November - December

Please Note: These are rough guides, offered as a convenient quick reference for our customers. Each season expresses itself differently, depending on weather patterns and other seasonal factors. Please see our weekly newsletter for cutting edge fruit updates

■ = Grown outside US



■ = Grown outside of California, but inside U.S.



Key:

All others= Grown in California

Winter Vegetables

Vegetables	Growing Region	Availability
Artichokes	California	Year Round
Artichokes, Small Loose	California	Year Round
Asparagus, White	South America	Year Round
Avocado	California/Mexico/Chile	Year Round
Baby Fennel	California	Year Round
Baby Lettuce, Mix	California	Year Round
Broccoli Raab	California	January - April
Broccoli Raab, Baby	California	Mid Jan - Late April, August - December
Broccoli Romanesque	California	October - February
Broccoli, Chinese (Gai Lan)	California	Year Round
Broccoli, Italian Sprouting	California	November - Mid March

Key:  = Grown outside of California, but inside U.S.  = Grown outside US

All others= Grown in California

Please Note: These are rough guides, offered as a convenient quick reference for our customers. Each season expresses itself differently, depending on weather patterns and other seasonal factors. Please see our weekly newsletter for cutting edge fruit updates

Winter Vegetables

Vegetables	Growing Region	Availability
Brussels Sprouts	California	October - February
Burdock Root	California	Year Round
Cardoon	California	September - March
Carrots, Nantes	California	January - Mid April, Mid Nov. - December
Castelfranco Chicory	California	January - Mid April, November - December
Cauliflower	California	Year Round
Celery Root	California	Year Round
Chicories	California	January - April, Mid Oct. - December
Chicory, Puntarelle	California	January - Late April, Mid Oct. - December
Cucumber, Japanese	California	Year Round
Cucumber, English	California	Year Round

Key:  = Grown outside of California, but inside U.S.  = Grown outside US

All others= Grown in California

Please Note: These are rough guides, offered as a convenient quick reference for our customers. Each season expresses itself differently, depending on weather patterns and other seasonal factors. Please see our weekly newsletter for cutting edge fruit updates

Winter Vegetables

Vegetables	Growing Region	Availability
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	Year Round
Hearts of Palm	Costa Rica	January - Mid April, November - December
Horseradish Root	U.S.	Year Round
Kale, Lacinato	California	January - Mid April, Late Nov. - December
Kale, Red	California	January - Mid April, Late Nov. - December
Kohlrabi, Green and Purple	California	January - Mid April, Late Nov. - December

Key:  = Grown outside of California, but inside U.S.  = Grown outside US
All others = Grown in California

Please Note: These are rough guides, offered as a convenient quick reference for our customers. Each season expresses itself differently, depending on weather patterns and other seasonal factors. Please see our weekly newsletter for cutting edge fruit updates

Winter Vegetables

Vegetables	Growing Region	Availability
Leeks	California	Year Round
Mushrooms, Black Chantarelle	Pacific Northwest	Late December - Mid February
Mushrooms, Black Trumpets	Oregon/California	January - Late April, Late December
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	January - July, September - December
Peppers, Pasilla	California/Mexico	Year Round

 = Grown outside US

 = Grown outside of California, but inside U.S.

All others = Grown in California

Please Note: These are rough guides, offered as a convenient quick reference for our customers. Each season expresses itself differently, depending on weather patterns and other seasonal factors. Please see our weekly newsletter for cutting edge fruit updates

Winter Vegetables

Vegetables	Growing Region	Availability
Potatoes, Banana Fingerling	Washington	September - March
Potatoes, French Fingerling	California/Idaho	Year Round
Potatoes, German Butterball	California/Montana	Year Round
Potatoes, Purple Peruvian	Idaho	January - Mid May, August - December
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, October - December
Radicchio, Castelfranco	California	October - January
Radicchio, Treviso	California	Year Round

 = Grown outside US

 = Grown outside of California, but inside U.S.

All others = Grown in California

Please Note: These are rough guides, offered as a convenient quick reference for our customers. Each season expresses itself differently, depending on weather patterns and other seasonal factors. Please see our weekly newsletter for cutting edge fruit updates

Winter Vegetables

Vegetables	Growing Region	Availability
Radish, Easter Egg	California	Year Round
Radish, French Breakfast	California/Mexico	Year Round
Radish, Watermelon	California	Year Round
Rhubarb, Field	Oregon	January - Mid February May - December
Rhubarb, Hot House	Washington	January - Late March
Rutabaga	California/Oregon	Year Round
Salsify	Europe	January - Mid May, Mid Sept. - December
Spinach, Bloomsdale	California	October - Mid March
Sunchokes	California	October - Mid March
Turnips, Baby	California	Year Round
Turnips, Scarlet	California	January - Mid April, September - December

 = Grown outside US

 = Grown outside of California, but inside U.S.

All others= Grown in California

Please Note: These are rough guides, offered as a convenient quick reference for our customers. Each season expresses itself differently, depending on weather patterns and other seasonal factors. Please see our weekly newsletter for cutting edge fruit updates

Winter Vegetables

Vegetables	Growing Region	Availability
Watercress, Living	California	April - November
Yams, Garnet	California	January - April, September - December
Yams, Japanese	California	January - April, September - December
Yams, Sweet	California	January - April, September - December

Please Note: These are rough guides, offered as a convenient quick reference for our customers. Each season expresses itself differently, depending on weather patterns and other seasonal factors. Please see our weekly newsletter for cutting edge fruit updates

Key:  = Grown outside of California, but inside U.S.  = Grown outside US
All others= Grown in California