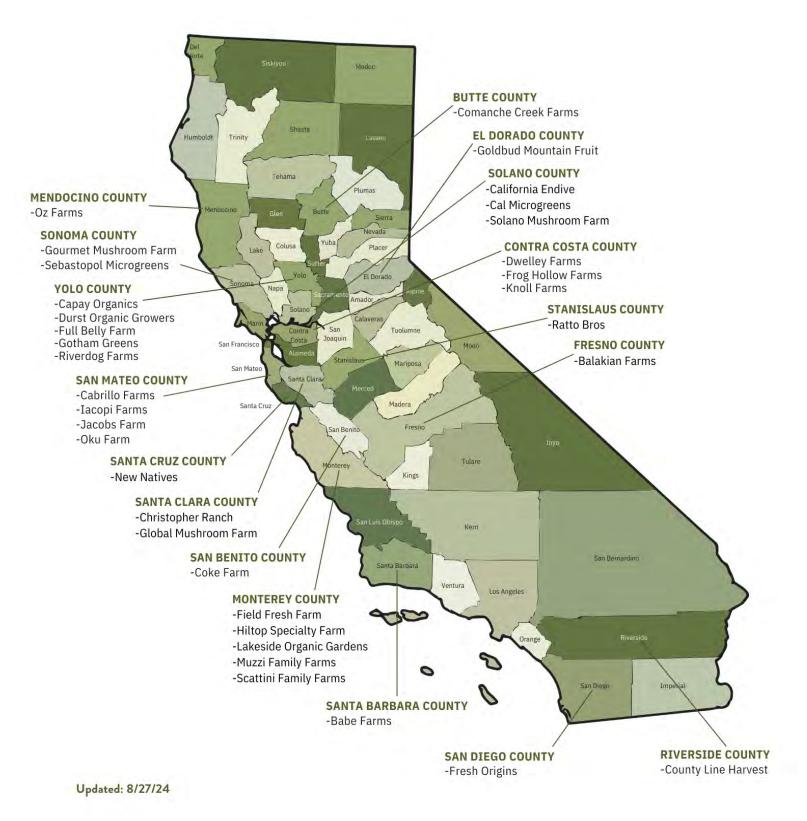


## LOCAL FARM MAP



## **LOCAL FARMS**

SANTA BARBARA, CA

#### **BABE FARMS**

- Baby Beets
- Baby French Carrots
- Baby Mixed Carrots
- Baby Fennel
- Baby Leeks
- Baby Head Lettuces
- Baby Turnips
- Easter Egg Radishes
- French Breakfast Radishes
- Little Gem Lettuce
- Parsley Root
- Red Frill Mustard Greens

SAN MATEO COUNTY, CA

### CABRILLO FARMS

Brussels Sprouts

YOLO COUNTY, CA

### CAPAY ORGANICS

- Organic Chards
- Organic Lacinato Kale
- Organic Kumquats
- Organic Satsuma Mandarins
- Organic Sugar Pie Pumpkins
- Organic Butternut Squash
- Organic Delicata Squash

MONTEREY COUNTY, CA

#### COKE FARMS

- Organic Beets
- Organic Braising Greens
- Organic Celery Root
- Organic Escarole
- Organic Frisee
- Organic Onions
- Organic Watermelon Radishes
- Organic Spanish Radishes

**BUTTE COUNTY, CA** 

## COMANCHE CREEK FARMS

- Organic Chiles
- Organic Cucumbers
- Organic Figs
- Organic Kumquats
- Organic Peppers
- Organic Persimmons: Fuyu, Hachiya, Chocolate
- Organic Sugar Pie Pumpkins
- Organic Squash: Delicata, Honeynut, Butternut, Red Kuri
- Organic Tomatoes: Cherry, Heirlooms

MONTEREY COUNTY, CA

### FIELD FRESH FARM

- Arugula
- Baby Spinach
- Spring Mix

SAN DIEGO COUNTY, CA

## FRESH ORIGINS

- Specialty Micro Greens
- Petite Micro Greens

YOLO COUNTY, CA

# FULL BELLY FARM

- Organic Carrots
- Organic Leeks
- Organic Mustard Greens
- Organic Mizuna
- Organic Potatoes
- Organic Red Russian Kale
- Organic Turnips
- Organic Wheat Berries

BRENTWOOD, CA

## FROG HOLLOW FARMS

- Organic Pears
- Organic Plums
- Organic Pluots

EL DORADO, CA

## GOLDBUD FARM

- Organic Apples: Braeburn, Fuji, Granny Smith
- Organic Wine Grapes

HALF MOON BAY, CA

#### **IACOPI FARM**

- Cranberry Beans
- Italian Butter Beans
- Dried Gigante Beans

SAN MATEO COUNTY, CA

## **JACOBS FARM**

- Organic Flowers
- Organic Herbs
- Organic Tomatoes

CONTRA COSTA COUNTY, CA

## KNOLL FARMS

- Organic Cardoon Stalks
- Organic Figs
- Organic Herbs

## **LOCAL FARMS**

MONTEREY COUNTY, CA

## LAKESIDE ORGANIC GARDENS

- Organic Broccoli
- Organic Cauliflower
- Organic Celery
- Organic Cucumbers
- Organic Leeks
- Organic Bell Peppers
- Organic Fennel
- Organic Celery Root

#### SANTA CRUZ COUNTY, CA

#### **NEW NATIVES**

- Organic Pea Sprouts
- Organic Sunflower Sprouts
- Organic Wheat Grass

#### MODESTO COUNTY, CA

#### **RATTO BROS**

- Beets
- Chards
- Collard Greens
- Dandelion Greens
- Kale
- Kohlrabi
- Leeks
- Curly Mustard Greens

#### YOLO COUNTY, CA

## RIVERDOG FARMS

- Organic Arugula
- Organic Cabbage
- Organic Chards
- Organic Eggplants
- Organic Greens
- Organic Leeks
- Organic Peppers
- Organic Summer Squash
- Organic Tomatoes

## **TOP MENU PICKS**

Fall in Northern California offers a cornucopia of peak-season produce, perfect for crafting innovative, locally-sourced menus. Orchards burst with crisp apples and juicy pears, while vineyards yield their last sweet grapes. Unique fruits like pomegranates and persimmons add a nice flair to autumnal dishes.

The vegetable harvest is equally impressive, with an array of squash varieties taking center stage alongside earthy root vegetables like carrots and beets. Cool-weather crops such as kale, brussels sprouts, and other brassicas thrive, offering robust flavors and textures.

This diverse bounty provides endless inspiration for creating seasonal plates that truly capture the essence of Northern California's fall harvest.

### **FRUITS**

- Apples
- Cranberries
- Figs
- Grapes
- Melons
- Pears
- Persimmons
- Plums
- Pomegranates

### **VEGETABLES**

- Broccoli
- Brussels Sprouts
- Carrots
- Cauliflower
- Chicories
- Braising Greens
- Peppers
- Potatoes
- Pumpkins
- Root Vegetables
- Winter Squash



## FALL SEASONAL ITEMS

#### **APPLES**

Northern California's fall season brings an abundance of apples, with varieties like Fuji, Gala, and Granny Smith reaching their peak. Their crisp texture and balanced sweetness make them perfect for both sweet and savory dishes, from classic apple pies to fresh salads and roasted pork accompaniments.

#### **BROCCOLI**

Thriving in the cooler fall temperatures, broccoli is at its peak from October through early winter. Its robust flavor and versatility make it a staple for steaming, roasting, or incorporating into soups and casseroles.

#### **BRUSSELS SPROUTS**

Best from late fall through winter, Brussels sprouts develop a sweeter flavor after the first frost. Roast them to bring out their natural caramelization, or shave them raw into salads for a crunchy addition.

#### **GRAPES**

Table grapes are plentiful through October. Their natural sweetness and firm texture make them ideal for fresh applications, such as salads and cheese boards, or for creating house-made jams and sauces.

#### **KALE**

This leafy green thrives in the cooler weather of fall and winter, providing a hearty, nutrient-dense ingredient. Use kale in salads, sautés, or as a base for braising greens, taking advantage of its robust flavor and versatility in the kitchen.

#### **PEARS**

Bartlett, Bosc, and Comice pears are at their juiciest and most flavorful during the fall. Their delicate sweetness and buttery texture lend themselves beautifully to desserts, cheese pairings, and poached pear dishes, providing a versatile ingredient for autumn menus.

#### **PERSIMMONS**

Fuyu, Hachiya, and Chocolate persimmons are at their best from October through December. Fuyus can be eaten raw, adding a sweet, crisp element to salads. Hachiyas, when fully ripe, are perfect for baking into cakes, breads, and puddings. Chocolate persimmons offer a unique, sweet flavor and custard-like texture for both fresh eating and desserts.

#### **POMEGRANATES**

Pomegranates, peaking from September through November, offer vibrant, jewel-like seeds that add a burst of tart flavor and a visual pop to dishes. Use them to garnish salads, enhance sauces, or create refreshing beverages and desserts.

#### **ROOT VEGETABLES**

Fall is prime time for an array of root vegetables in Northern California. Carrots, turnips, and beets reach their peak during this season, developing sweeter flavors as temperatures cool. These versatile vegetables shine in roasts, purees, and hearty stews. Their earthy flavors and vibrant colors (especially in varieties like rainbow carrots or golden beets) add depth and visual appeal to autumn menus.

#### **SQUASH**

Various types of squash, including butternut and pumpkins, are at their peak during the fall months. Their rich, sweet flesh is perfect for soups, purees, and roasted vegetable medleys, adding depth and warmth to autumn dishes.



APPLES		SEPT	ОСТ	NOV	DEC
BRAEBURN		0	0	0	•
CRAB		0	0	0	0
FAMUSE		0	0	0	•
FUJI		0	0	0	0
GALA		0	0	0	0
GRANNY SN	ИITH	0	0	0	•
HEIRLOOMS	S, ASSORTED	0	0	0	•
JONAGOLD		0	0	0	•
JONATHAN		0	0	0	•
KING OF TO	MPKINS	0	0	0	•
LADY			0	0	0
LUCY GLO		$\oplus$	•	•	•
MODI		0	0	0	•
OPAL		0	0	0	0
PINK LADY		0	0	0	0
PINK PEARL	-	0	•	•	•
RED DELICI	OUS	•	•	•	•
RHODE ISLA	AND GREENING	i O	0	0	•
ROME		0	0		•
ROXBURY R	USSET	0	0	0	•
ROYAL GAL	A	0	0	0	•
SIERRA BEA	VUTY		0	0	0
SPITZENBEI	RG	0	0	0	•
ARTICHOKES					
CARDOONS		0	0	0	0
SMALL, LOC	OSE	0	0	0	0
ASPARAGUS					
WHITE		•	•	•	•
AVOCADOS					
AVOCADOS		•	•	•	•
BEANS					
BABY LIMA		0	0	•	•
BLUE LAKE		•	•	•	•
CANNELINI		0	0	•	•
CRANBERR'	Y	0	0	•	•
FAVA		0	0	•	•
O:Available from CA	. Available from the U.C. 4	D. Available C	Nutaida - £th - 1	IC A. Nat A.	nil a bla



	SEPT	ост	NOV	DEC	
FLAGOLET	0	0			
FRENCH	0	0	•	•	
GIGANTE (DRIED)	0	0	0	0	
ITALIAN BUTTER	0	0	0	0	
ROMANO	0	0	•	•	
PURPLE	0	0	•	•	
BERRIES					
BLACKBERRIES	0	•	•	•	
BLUEBERRIES	•	•	•	•	
CRANBERRIES	0	0	0	•	
HUCKLEBERRIES	•	•	•	•	
RASPBERRIES	0	0	•	•	
STRAWBERRIES	0	0	•	•	
BROCCOLI					
CHINESE (GAI LAN)	0	0	0	0	
DI CICCIO	0	0	0	0	
ITALIAN SPROUTING	•	•	0	0	
PURPLE FLORETS	0	0	0	0	
RAAB	0	0	0	0	
RAAB, BABY	0	0	0	0	
ROMANESCO	•	0	0	0	
SWEET BABY	0	0	0	0	
CABBAGES					
BRUSSELS SPROUTS		0	0	0	
CONICAL	0	0	0	0	
GREEN	lacktriangle	•	0	0	
NAPA	lacktriangle	$\oplus$	0	0	
RED	lacktriangle	$\oplus$	0	0	
CARROTS					
BABY	0	0	0	0	
BABY, FRENCH	0	0	0	0	
BABY, MIXED	0	0	0	0	
NANTES	0	0	0	0	
RAINBOW	0	0	0	0	
CAULIFLOWER					
CAULIFLOWER	0	O	0	•	
O:Available from CA					

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 the most current information. WWW.GREENLEAFSF.COM | 415-647-2991 | 453 VALLEY DR | BRISBANE, CA 94005 USA



	SEPT	ост	NOV	DEC
FLORENTINO	0	0	0	0
SWEET BABY	0	0	0	0
CHICORIES				
CASTELFRANCO	0	0	0	0
CUT ITALIAN	0	0	0	0
CHIOGGIA VARIEGATA	0	0	0	0
ENDIVE	0	0	0	0
ESCAROLE	0	0	0	0
INDIVIA RICCIA	0	0	0	0
PAN DI ZUCCERHO	0	0	0	0
PUNTARELLE			0	0
MIXED	0	0	0	0
RADICCHIO, MIXED BABY		0	0	0
RADDICHIO, TARDIVO	0	0	0	0
RADICCHIO, TREVISO	0	0		
CITRUS				
BUDDHA'S HANDS			0	0
GRAPEFRUIT, INDIAN RIVI	ER 🛈	•	$\oplus$	$\blacksquare$
GRAPEFRUIT, RIO STAR	0	0	$\oplus$	$\blacksquare$
KUMQUATS		•	0	0
LEMON, MEYER	•	•	0	0
LIME, KEY	•	•	•	•
LIME, MAKRUT	•	•	0	•
LIMEQUAT	•	•	0	0
MANDARIN, LEE	•	•	0	0
MANDARIN, PAGE	•	•	0	0
MANDARIN, SATSUMA	•	•	0	0
ORANGES, BLOOD	0	0	0	0
ORANGES, JUICING	•	•	•	•
ORANGES, NAVEL	•	•	0	0
ORANGES, VALENCIA	0	0	0	0
POMELOS	•	•	0	0
TANGERINES, FAIRCHILD	0	0	0	0
TANGERINES, FALLGLO	•	0	0	•
TANGERINES, SUNBURST	•	0	0	0
YUZU	•	•	0	0
O:Available from CA	●:Available O	utside of the l	JS : Not Ava	ailable



CORN		SEPT	ОСТ	NOV	DEC
BI-COLO	R	0	•	•	•
WHITE		0	•	•	•
YELLOW		0	•	•	•
CUCUMBERS					
ENGLISH	I	0	0	0	•
LEMON		0	0	0	0
DATES					
BARHI (I	RESH CROP)	0	0	0	0
BARHI (I	DRY CROP)	0	0	0	0
MEDJOO	L	0	0	0	0
EGGPLANTS					
CHINESE		0	0	•	•
GLOBE		0	0	•	•
GREEN T	HAI	0	0	•	•
INDIAN		0	0	$\odot$	$\odot$
ITALIAN		0	0	•	•
JAPANES	SE	0	0	•	•
MIXED		0	0		
ROSA BI	ANCA	0	0	•	•
FIGS					
ADRIATI	С	0	0		
BLACK	IISSION	0	0		
BROWN	TURKEY	0	0		
CANDY S	STRIPE	0			
KADOTA		0	•	•	•
GARLIC					
BLACK		0	0	0	0
ELEPHA	NT	0	0	0	0
GARLIC		0	0	0	0
GREEN		0	0	0	•
GRAPES					
CHARDO	NNAY	0	0	•	•
CONCOR	RD.	0	0	•	•
GAWUR <sup>-</sup>	TZTRAMINER	0	0	•	•
MUSCAT		0	0	•	
PEONY		0		•	



	SEPT	ост	NOV	DEC
SYRAH	0	0	•	•
ZANTE	0	•	•	•
GREENS				
AGRETTI	0	0	•	•
ARUGULA	0	0	•	•
CHARD, GREEN	0	0		•
CHARD, RAINBOW	0	0		•
COLLARD GREENS	0	0		
DANDELION GREENS	0	0	0	0
KALE, CASPER	0	0		
KALE, LACINATO	•	•	0	0
KALE, RED RUSSIAN	0	0	0	0
LOLLO ROSA	0	0	•	•
MIX, ARTISAN	0	0	•	•
MIX, BRAISING	0	0	•	•
MIX, MEGA BLEND	0	0	•	•
MIX, SPRING	0	0	•	•
MIZUNA	0	0	0	0
MUSTARD, CURLY	0	0	0	0
MUSTARD, RED FRILL	0	0	•	•
RED DRAGON RUCOLA	0	0	•	•
SPINACH, BABY	0	0	•	•
SPINACH, BLOOMSDALE	0	0	0	0
SPINACH, RED STEMMED	0	0	•	•
WHEATGRASS	0	0	0	0
LEAVES				
WATERCRESS, LIVING	0	0	0	•
LEEKS				
LEEKS	0	0	0	0
LETTUCE				
BABY MIXED	0	0	0	•
BIBB	0	0	•	•
BUTTER	0	0	•	•
ICEBERG	0	0	•	•
LITTLE GEMS	0	0	•	•
REINE DE GLACE	0	•	•	•
O:Available from CA	●:Available O	utside of the l	JS ●: Not Ava	ailable



		SEPT	ост	NOV	DEC
	ROMAINE, GREEN	0	0		
	ROMAINE, RED	0	0	•	•
	ROMAINE, SPECKLED	0	0	•	•
MELO	NS				
	AMBROSIA	0	•	•	•
	CHARANTAIS	0	•	•	•
	CANTALOPE	0	0	•	•
	GODDESS	0	0	•	•
	HONEYDEW	0	0	•	•
	SHARLYN	0	0	•	•
	TOYBOX	0	0	•	•
	WATERMELON	0	0	•	•
MUSH	IROOMS				
	HEDGEHOG	0	0	0	0
	HEN OF THE WOOD	•	•	•	•
	LOBSTER	•	•	•	•
	MATSUTAKE	•	•	•	•
ONIO	NS				
	ONIONS	0	0	0	0
PEAR	S				
	ASIAN, HOSUI	0	0	0	0
	ASIAN, SHINKO	0	0	0	0
	BARTLETT	0	0	•	•
	BOSC	0	0		
	CACTUS	•	•	•	•
	COMICE	0	0	0	0
	D'ANJOU	lacktriangle	$\blacksquare$	$\oplus$	
	FRENCH BUTTER	lacktriangle	$\blacksquare$		
	RED	0	0	0	0
	SECKEL	lacktriangle	$\blacksquare$	$\oplus$	$\blacksquare$
PEAS					
	SNAP, STRINGLESS	0	0	0	0
	SNAP, HONEY GOLD	0	0	•	
	SNOW, PURPLE	0	0		
PEPPI	ERS				
	CORNO DI TORO	0	0	•	•
O:A	Available from CA ①:Available from the U	S ●:Available O	utside of the l	JS •: Not Ava	ailable



	SEPT	ост	NOV	DEC
FLAMING FLARE	0	0		
GHOST	0	0	0	•
GYPSY	0	0	•	•
HABANERO	•	•	•	•
HABENERO, CHOCOLATE	0	0	0	•
JIMMY NARDELO	0	0	•	•
LIPSTICK	0	0	•	•
PADRON	0	0	•	•
PAPER LANTERN	0	0	0	•
PASILLA	•	•	•	•
PIMIENTO	0	0	•	•
SCOTCH BONNET	0	0	0	•
SWEET MIXED	0	0	•	•
PERSIMMONS				
CHOCOLATE	•	0	0	0
FUYU	•	0	0	0
HACHIYA		0	0	0
POMEGRANATES				
POMEGRANATES	0	0	0	0
POTATOES				
FINGERLING, BANANA	•	•	•	$\blacksquare$
FINGERLING, FRENCH	•	•	•	$\blacksquare$
GERMAN BUTTERBALL	•	•	•	$\blacksquare$
JAPANESE SWEET	0	0	0	0
PURPLE PERUVIAN	•	•	•	$\blacksquare$
RED THUMB	•	•	•	$\blacksquare$
RUBY CRESCENT	•	•	•	$\blacksquare$
YELLOW FIN	0	•	•	•
YUKON GOLD	•	•	•	•
ROOTS				
BURDOCK	0	0	0	0
BEETS, CHIOGGIA	0	0	0	•
BEETS, GOLD	0	0	•	•
BEETS, RED	0	0	0	0
CELERY	•	•	0	0
DAIKON	0	0	0	0
O:Available from CA	:Available O	utside of the l	JS <b>•</b> : Not Ava	ailable



		SEPT	ост	NOV	DEC
	FENNEL	0	0	0	0
	PARSLEY ROOT	0	0	0	0
	RADISH, EASTER EGG	0	0	0	0
	RADISH, SPANISH	0	0	0	0
	RADISH, WATERMELON	0	0	0	0
	RUTABAGA	•	•	•	•
	TURNIPS, WHITE	0	0	0	•
	TURNIPS, SCARLETT	0	0	0	0
SPECI	ALTY				
	FENNEL POLLEN	0	0	0	0
	HEARTS OF PALM	•	•	•	•
	KOHLRABI	0	0	0	0
	QUINCE	0	0	0	0
	SALSIFY	0	0	0	0
	TOMATILLOS	•	•	•	•
	WHEAT BERRIES	0	0	0	0
SPRO	UTS				
	BEAN	0	0	0	0
	CLOVER	0	0	0	0
	DAIKON	0	0	0	0
	PEA	•	•	•	0
	SUNFLOWER	0	0	0	•
	WHEAT GRASS	0	0	0	•
STON	E FRUIT				
	NECTARINES, WHITE	0		•	•
	NECTARINES, YELLOW	0			
	PEACHES, WHITE	0		•	•
	PEACHES, YELLOW	0			
	PLUMS, BLACK	0		•	•
	PLUMS, RED	0		•	•
	PLUOTS	0			
SUMM	IER SQUASH				
	COSTATA ROMANESCO	0	0		
	GOLD BAR	0	0		
	RONDE DE NICE	0	0		
	STRAIGHT NECK	0	0	0	•
O. A	vailable from CA M: Available from the US	@ . A		IC A Not A	



	SEPT	ОСТ	NOV	DEC	
SUNBURST	0	$\circ$			
тоувох	0	0	•	•	
ZUCCHINI	0	0	0	0	
TOMATOES					
EARLY GIRL	0	0	•	•	
GOLD NUGGET	0	0	•		
GREEN	0	0	•		
GREEN ZEBRA	0	0			
HEIRLOOM	0	0	0		
HEIRLOOM, MIXED	0	0			
LEMON BOY	0	0			
MARVEL STRIPE	0	0			
ROMA	0		•		
SUNGOLD	0	0	•		
SWEET 100	0	0	•		
TOYBOX CHERRY	0	0			
TROPICALS					
KIWI	0	0	0	0	
MANGOES	$\odot$	$\odot$	•	•	
PAPAYAS	$\odot$	$\odot$	•	•	
PASSION FRUIT	•	•	•	•	
PINEAPPLES	•	•	•	•	
STAR FRUIT	•	•	•	•	
WINTER SQUASH					
PUMPKIN, MINI	0	0	0	0	
PUMPKIN, MINI WHITE	0	0	0	0	
PUMPKIN, SMALL	0	0	0	0	
PUMPKIN, MEDIUM	0	0	0	0	
PUMPKIN, LARGE	0	0	0	0	
PUMPKIN, BIG MAC	0	0	0	0	
PUMPKIN, CINDERELLA	0	0	0	0	
PUMPKIN, FAIRYTALE	0	0	0	0	
PUMPKIN, JARRADAL	0	0	0	0	
PUMPKIN, KNUCKLEHEAD	0	0	0	0	
PUMPKIN,SUGAR PIE	0	0	0	0	
PUMPKIN, TIGER STRIPE	0	0	0	0	
O:Available from CA					



		SEPT	OCT	NOV	DEC
	PUMPKIN, WE BE LITTLE	0	0	0	0
	SQUASH, BUTTERNUT	•	0	0	•
	SQUASH, CARNIVAL	0	0	0	•
	SQUASH, DELICATA	0	0	0	•
	SQUASH, HONEYNUT	0	0	0	•
	SQUASH, KOBOCHA	0	0	0	•
	SQUASH, GREEN ACORN	0	0	0	•
YAMS					
	GARNET	0	0	0	0