

SPRING





SEASONALITY GUIDE

The following items are typically peak of the season during the spring months of March, April and May. As always with fresh produce, availability and pricing are subject to change based on market trends and variances in weather conditions.

CITRUS

- Mandarins
- Navel Oranges
- Lemons
- Grapefruits
- Blood Oranges
- Kumquats

BERRIES (California Grown)

- Strawberries - March-June peak season
- Blueberries - April-June peak season
- Golden Raspberries 
- Pink Blueberries 
- Olallieberries 
- Boysenberries 




STONE FRUIT

- Apricots - May-July peak season
- Cherries - May-June peak season
- GG1 Cherries 
- Plums - Green Gage 

OTHER FRUIT

- Avocado - California
- Mango - Peru/Mexico
- Grapes - Finger Green 



SPRING VEGETABLES

- Artichokes
- Asparagus
- Peas - English/Sugar Snap/Snow
- Pea Tendrils
- Peas-Purple Snow 
- Fiddlehead Ferns
- Chicory - Frisee/Escarole/Endive
- Spring Onions
- Cippolinis
- Ramps 
- Rhubarb 
- Wild Mushrooms - Morel/Porcini

GREENS

- Arugula - Wild Rocket/Regular
- Bloomsdale Spinach 
- Romaine Lettuce
- Butter/Boston Bibb Lettuce
- Green/Red Leaf
- Baby Mixes - Spring/Mesclan
- Little Gem
- Salanova Mixed 
- Sweet Gem
- Whole Baby Head Lettuce
- Watercress




ROW CROP

- Broccoli DiCiccio 
- Cauliflower
- Mixed Cauliflower
- Broccolini
- Romanesco
- Conehead Cabbage 
- Carrots - Rainbow bunch
- Spigarello Curly 

ROOTS

- Beets
- Parsnips
- Potatoes - Magic Myrna 
- Rutabagas
- Radishes
- Baby Turnips 
- Sunchokes

BEANS

- Blue Lake 
- Chinese Long
- Fava 
- Haricot Vert
- Romano
- Sea 
- Yellow Wax



 = Farmers Market

