



GREEN LEAF

newsletter

Produce

Our seasonal and stonefruit update.

See pages 1, 2, 8.

Dairy

Learn about Clover Stornetta.

See page 6.

Cheese

Explore Marin French Cheese Co.

More on page 3.

Farm Direct

Featuring John Givens Farm.

See pages 4-5.

Frozen

Sublime ravioli from Cucina della Cucina.

More on page 6.

Specialty

Ultra premium juice from Evolution.

More on page 7.

May Delights

That awkward in-between fruit stage.

Field Grown Rhubarb (finally in decent supply following cold weather-related shortages earlier) and local Strawberries are now officially delicious. Meyer Lemons, Pixie Mandarins and Minneola Tangelos are still with us, but stonefruit cravings irrepressibly pop up now. Generally the leader of the stonefruit pack is Cherries. Glorious, rich flavored little orbs, bursting with juice, ahhh!



Read more about cherries on page two. Bigger picture: each stonefruit season can vary widely from year to year, because there are many variables in play. First, did the trees get enough “chill hours” (hours under 45F) which fruit trees need to ensure arbor health and to foster a good blossom set? Second, was early spring weather kind? Relatively consistent warmth and dryer weather means plenty of blossoms and bees concurrently—the first step to ensuring a good fruit set. Third, did we dodge any unseasonable hail storms or rain deluges? One ill-timed storm can cut a good cherry season in half, or worse—producing an unsavory outcome of split skinned fruit

*“The world’s favorite season is the spring.
All things seem possible in May.”*

~ Edwin Way Teale

with a short shelf life, at higher prices, for limited quantities. A cooler and/or wetter mid-spring can slow the start of apricots, peaches and nectarines and negatively impact fruit quality throughout the season. Being a stonefruit grower is not for the faint of heart.

Ever optimistic, we always hope for the perfect non-storm-cold winter, moderate spring weather, well timed rain, with days getting, and staying, consistently hotter as they grow longer. When will stonefruit start this season? Good question. Read on!

—Andrew J. Powning



May 2011

stonefruit in the cross-hairs

Brooks variety cherries are just now trickling in. This is an early pollinator type, grown primarily to help pollinate later fruiting, better tasting varieties, such as Burlatt and Bing. Decent tasting cherries should be with us around month's end. (More on specific cherry types and timing later.) Soon on their cherry heels will come early Apricots, Peaches and Nectarines, both white and yellow. Generally sizes run small and sugar is lower on these first gleanings of early varieties. Ideally, we are rolling in plump, intensely flavored Bing Cherries by late May, with premium, locally grown apricots, peaches and nectarines commencing not too much later. It "May" be difficult to believe, but we'll soon reach that stage where there's a riot of fruit flavors from which we must edit. A welcome and high-class problem. Sadly, both Knoll and Frog Hollow Farms report they've lost this year's apricot crops to ill-timed rain and cold.

Cherries are a member of the A Rosaceae (Rose) family, related to Almonds, Apricots, Peaches and Plums. Cherries fall into two main groups—sweet and sour. Over 900 sweet and 300 sour varieties are cultivated in a belt circling the earth's temperate zone. Because of their small size, they are usually the first stonefruit to ripen. Short seasoned Cherries are so delicate that long distance transport is problematic. They stay close to home and we don't see varieties unique to Europe, or other parts of the U.S. Most varieties also need long chill hours (hours under 45 degrees Fahrenheit) to promote healthy, high fruiting trees, thus limiting California selection. Risks to crops are birds and weather. Ill-timed hail/rain at blossom, cold and rain at key pollination time, and/or late May showers (bloating fruit, splitting skin) can conspire to cut production. Most Cherry seasons suffer some

combination of these trials. After our short local run of sweet cherries (generally late May through June), Washington and Oregon extend the season for another couple of months. Local sour cherries have an even smaller window, generally mid to late June only! Be at the cherry ready, pitters in hand. When colonists were heading to North America there were over 24 cherry varieties noted in England. Central Europe had its own parallel Cherry story, having developed many varieties. Today, Germany leads Europe's Cherry production—stateside, it's California, Washington and Oregon.

Bing and **Rainier** are our main sweet varieties. **Montmorency** and **Morello** are the only sour variety we see fresh. Nothing beats the flavor of a sour pie cherry in any cooked form. The Bing cherry started out as a chance seedling from an old variety called "Republican." A chance seedling is one which exhibits distinctly different characteristics from its parentage. This chance seedling happened upon the Lewelling family, horticulturists, who carried it from back East to Oregon, via covered wagon. They named it Bing, in honor of a Chinese workman in their orchards. This large, heart shaped fruit sets the flavor and texture standard for all Cherries. Its super dark, smooth, glossy skin yields to rich, succulent crisp flesh. The Rainier Cherry is a cross of the Bing and Van. This large, red blushed, light yellow cherry is particularly delicate and sweet. The Montmorency Sour Cherry, or "Pie Cherry", is a French variety, planted stateside around 1760. This small, bright, light red fruit comes to market in small quantities generally around mid-June for a very short time. Tender, translucent skin yields to yellowish flesh. Their quintessential flavor is unparalleled ... be ready!

Aside from pies, galettes, tarts and clafoutis, pair cherries with apricots in crisps and cobblers ... almonds optional. Go Scandinavian with a Cherry Soup. Compote with basil for winter. Cherries have an affinity for pork and duck, and we all have an affinity for cherries.

—Andrew J. Powning



marin french cheese company

Marin French Cheese Company is the single oldest continuously-operating cheese factory in the United States, in operation in the same location in Petaluma since 1865. Widely held to be the originator of California-made brie and camembert, Marin French got their start producing “Breakfast Cheese”, which was a fresh, rindless cheese sold to San Francisco saloons as an alternative to pickled eggs, which at the time were in short supply. The move to European-style soft-ripened cheeses occurred in the early 1900s. The company began as a farmstead operation, using the milk from their own herd for the cheese, but during the depression switched to just cheese production in an effort to support local dairy farms. To this day, Marin French continues to use milk only from neighboring herds, and all milk used is rBST-free. GreenLeaf offers the following selection of cheeses:

Rouge et Noir Yellow Buck Camembert is made with Jersey milk and camembert cultures. It is nutty, sweet, luxuriously soft and runny when ripe, and made entirely by hand in Petaluma since 1904. Characterized by a golden, wrinkled rind and flavors



of caramelized mushrooms, sea salt and reduced cream. Because the cultures are mixed into the milk, the cheese will ripen perfectly from the inside-out. Left to its own devices, a nicely aged Yellow Buck Camembert will become lush and molten at room temperature. No animal rennet is used in its production, and each 8 ounce wheel is aged in hand-dug cellars. We feel this is one of the finest examples of Camembert to be found on any shore and unparalleled in the lexicon of fine American cheese. Ideally suited to a cheese cart or course, served at room temperature with minimal accoutrements. Available in cases of 6 8-ounce random-weight wheels.

Winner of the gold medal at the 2010 World Cheese Awards, beating even France in the brie category, **Rouge et Noir Triple Crème Brie** is luscious and sweet, with a mild, buttery finish. We really enjoy the smaller wheel in this cheese, with a perfect balance between rind and paste. Excellent for cheese courses or retail. Available in cases of 6 8-ounce random-weight wheels.

Marin French Cheese Company is the single oldest continuously operating cheese factory in the United States.

As triple crèmes go, **Rouge et Noir Marin French Gold** is one of the more luscious and complex we’ve tasted. A cow’s milk cheese, ripe and tasting of heavy cream, and a winner of multiple awards worldwide, including honors at the World Cheese Awards and the American Cheese Society. Pair when young with a pinot noir, and as it ages with champagne or perhaps a late-harvest dessert wine. The larger format is perfectly suited to a cheese course. Available in 2-pound random-weight wheels.

Made from rich Jersey milk, **Rouge et Noir Marin French Blue** combines the lush texture of a triple crème with a mild, peppery blue flavor. Wonderfully soft and spreadable, a truly approachable blue. Another award-winning cheese at the World Cheese Awards, the American Cheese Society, and the World Cheese Championship. Available in 1.5-pound random-weight wheel.

—Sara Jaye

Marin French Cheese Company is a member of the California Artisan Cheese Guild.



john givens farm in goleta valley



John Givens started John Givens Farm in the Goleta Valley under the “Something Good” label in 1980 with one acre. Over the years, John Givens Farm grew slowly to its present size of 180 acres in 12 locations stretching over 30 miles.

The farm’s goal is to provide fresh, local, organic produce of excellent quality all year long. The seasons for many items are extended due

to the diverse micro climates on the Givens’ land. The farm uses innovative methods for cultivating produce, such as nurturing tomatoes in cold frames in the winter, which dramatically extends their availability into the cooler months. John Givens plants many varieties of produce every week of the year. This means the farm can offer their fare both at the early and the late curve of the seasons.

The people of John Givens Farm believe that diversity of crops creates a more sustainable farming ecosystem, while greater biological variety provides a healthier diet for its consumers. Their fertilizer program includes composting, cover cropping, and major and minor mineral additions that provide mineral and microbiological enhancement to the crops while providing you with tastier produce and better shelf life. The farm harvests daily to provide the freshest produce for your table. They attend neighborhood and short-distance farmers markets to distribute locally and to interact directly with the consumer. Their goal is to distribute more produce closer to home, saving fuel costs from transportation and from refrigeration on several levels, naturally leaving a smaller carbon footprint on the planet.

GreenLeaf helps with this goal by supporting this local farm and providing our customers with their delicious varieties of seasonal produce. Currently, we are offering John Givens Rainbow Chard, and Organic Fennel, Snap Peas and Leeks.

—Paula Linton



june sneak preview

June is heaven in produce-speak, and a symphony of selections play to our palates. Cherries hit prime, and delicious local Apricots, Peaches and Nectarines usually are up and running. Berries abound, including, hopefully, a short blast of lush Boysenberries at some point this month. Fresh Currants and Gooseberries crop up. The first, minor Fig crop comes on (formed on old wood) to tease, before retreating in July (major crop, formed on new wood, commencing in August). Artichokes and Asparagus linger, but as summer heat approaches, quality will be compromised. Time to shift focus to velvety Blue Lakes, Romano and Wax Beans, proffered now from Brentwood fields. Summer Squash is on, best procured perhaps in the Toybox configuration—6-8 heirloom varieties nestled together, farmer’s choice, beautiful and delicious. Corn provides sweet eating. The weather is cool enough still that Favas, and the Peas English, Snow and Snap are, well, three snaps up. New crop Potatoes are unearthed, perfect paired with uncured spring onions. Fig Leaves, Grape Leaves await wrapping projects. Rose Petals, Lemon Verbena, Rose Geranium, Epazote and Purslane are all in force.

—Andrew J. Powning

GreenLeaf works closely with our local growers to distribute their incredible fare to your kitchen. Below are some of the farms we are working with this month and their seasonal delectables. *This is a partial list, please refer to your Farm Direct Product/Price List for all of your options.*

ALBA ORGANICS

MONTEREY COUNTY

Albion Strawberries, Broccoli di Cicco, Rainbow Chard, Spigarello Kale

CAPAY ORGANIC

YOLO COUNTY

Asparagus, Potatoes (French Fingerling, Princess La Ratte Fingerlings, German Butterball), Bunched Spinach

COKE FARMS

MONTEREY COUNTY

Baby Rainbow Carrots, Burdock Root, Black Spanish Radishes, Escarole, Frisee, Beets Large and Small-All Colors, Chards, Daikon, Dandelion, Kale, Nettles, Rabes, Organic Meyer Lemons, Turnips, Rutabagas

COUNTY LINE HARVEST

SONOMA COUNTY

Broccoli Rabe Leaf, Ancho and Pepper Cresses, Scarlet Turnips, Mixed Baby Beets with Tops, Baby Rainbow Carrot Mix, Baby Head Lettuces, Super Baby Head (Call Ahead Please), Rocolla, Strawberries

COUNTY LINE HARVEST SOUTH

RIVERSIDE COUNTY

Broccoli di Cicco, Baby Head Lettuce Mix, Super Baby Head Mix, Straight Pack Head Lettuces, Chards, Little Gem Lettuce, Red and White Spring Onions, Dill, Ancho and Peppergrass, Fennel

DEL CABO

BAJA CALIFORNIA

Sweet 100'S and Toy Box Cherry Tomatoes

EARTHWORKS

ALAMEDA COUNTY

Mixed Blossoms, Nasturtiums, Lemon Verbena (at month's end) Pansies, Rose Geranium, Petal Confetti, Mint Tips

EPIC ROOTS

SALINAS COUNTY

Conventional Mache (Retail and Commercial Pack)

FAUROT RANCH

SANTA CRUZ COUNTY

Baby Turnips, Baby Beets, Baby Carrots, Baby Fennel, Baby Leeks, Baby Red Oak Lettuce

FULL BELLY FARM

YOLO COUNTY

Asparagus, Gold and Red Beets, Gold Turnips, Spring Onions, Bunched Arugula

GLAUM EGG RANCH

SANTA CRUZ COUNTY

Cage Free Eggs, Organic and Conventional

H&R CITRUS (SWEETHEART DISTRIBUTOR) COUSINS LABEL FRESNO COUNTY

Organic Cara Cara Oranges, Navel Oranges, Minneolas

LOUIE IACOPI

HALF MOON BAY

Dried Gigantes and Italian Butter Beans, Favas and Peas in late May

KNOLL FARMS

CONTRA COSTA COUNTY

Baby Fig Leaves, Fava and Pea Leaves, Fresh Uncured Olives, Rapini Greens (Special Order), Horseradish Leaf and Root, Rosemary, Arugula, Lemon Verbena, Fruit Wood, Fig and Olive Wood

MARSHALL FARMS

SOLANO COUNTY

Honeys: Bay Area Blend, Wildflower, Honey Stix: Wildflower

RIVERDOG FARM

YOLO COUNTY

Asparagus, Chards, Fennel, Baby Bull's Blood Beet Tops, Red or Green Baby Dandelion, Baby Red Mustard, Red Spring Onions, Rabes, Baby Chards

T&D WILLEY FARMS

MADERA COUNTY

Baby Artichokes, Spring Onions, English Peas, Sugar Snap Peas, Winter Savoy Spinach, Collard Greens, Baby Asian Turnips, French Breakfast and Easter Egg Radishes, Baby Dill, Bunched Nantes Carrots, Baby Turnips, Chards and Kales

TERRA FIRMA FARM

YOLO COUNTY

Beets, Broccoli, Kales, Collards, Chards, Leeks, Yellow Finn and French Fingerling Potatoes, Satsuma Mandarin Oranges



dairy

featuring our full array of dairy selections

clover stornetta



Clover Stornetta has been an active dairy purveyor in the Bay Area since the early 1900s, when it was the Petaluma Cooperative Creamery. After a fire in the 70s, Clover Stornetta Farms, Inc was born, and by 1991 a new, state-of-the-art milk processing facility had been opened.

Clover has been certified by the American Humane Association, and has achieved the Seal of Sustainability. Clover products are HACCP controlled, kosher and USDA-certified organic where applicable. All milk and cream for Clover's products come from cows that are not treated with antibiotics or the growth hormone rBST. The Clover facilities endeavor to practice sustainability wherever possible, including adding solar power to their fleet maintenance operations, converting to hybrid vehicles for their sales staff and implementing cold-plate technology in their trucks.

All milk and cream for Clover's products come from cows that are not treated with antibiotics or the growth hormone rBST.

Clover Organic Farms, an extension of the Clover Stornetta family, has been a pioneer in the organic dairy industry since its founding in 2000. Working closely with a select group of North Coast family farms, Clover Organic meets and exceeds the bar set by organic certification on a daily basis. The participating family farms realize a fair price for their milk, the farm operations will help sustain future generations, and animal welfare is an ongoing priority.

The quality of all Clover products is superb. GreenLeaf is proud to now stock **Fluid Milk, Half and Half and Cream, Low Fat Yogurt in a variety of flavors, and Cottage Cheese.** Fluid milk, half and half and cream will be available in both Organic and Conventional; yogurts and cottage cheese are available in Conventional only.

—Sara Jaye

frozen

what's in the freezer at GreenLeaf

cucina della cucina



Superb quality and convenience are the hallmarks of this outstanding line of frozen pastas from **Cucina della Cucina.** Menu planning, portion control and labor are all made simple with a variety of filled and cut pastas that are ready to cook and serve at a

moment's notice. **Ravioli** are available in cases of 10-dozen, and **Gnocchi** are packed in cases of 10-pounds.

Gorgonzola and Walnut Ravioli with creamy ricotta are folded into a parsley-flecked pasta. **Lox and Shrimp Ravioli** are wrapped in black pepper-flecked egg pasta.

Menu planning, portion control and labor are all made simple.

Sweet, delicate king crab is combined with tender shrimp in an herbed pasta skin for the **King Crab Ravioli.** **Mushroom and Spinach Ravioli** with onions and garlic tucked into tender, egg-free pasta, are 100% vegan. **Pumpkin and Sweet Potato Ravioli** feature rich squash with fresh mascarpone cheese. **Ricotta and Spinach Ravioli** include Parmigiano Reggiano and Pecorino Romano. Lush **Artichoke Ravioli** melds ricotta, parmigiano and spices, folded into a flavorful spinach pasta. **Portabella Mushroom Ravioli** with a touch of fragrant porcini are truly a mushroom lover's delight. **Beef Florentyn** boasts plenty of savory, meaty flavor. **Sweet Polenta Ravioli** are reminiscent of a sweet corn pudding wrapped in an egg pasta, and we can't resist them with a zesty tomato sauce.

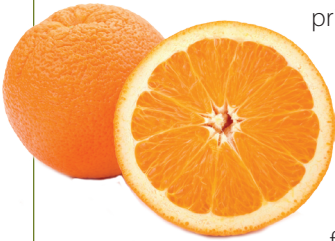
GreenLeaf also stocks **Potato and Parmesan Gnocchi.** Meltingly tender, with a touch of Parm in the dough for complexity, these gnocchi are perfect sauced with wild mushrooms sautéed in butter.

—Sara Jaye

evolution juice

EVOLUTION’S NEW “NEVER HEATED” ULTRA PREMIUM JUICE

Jimmy Rosenberg realized the potential in fresh squeezed juice back in 1984, when he started creating fresh fruit smoothies in his mother’s kitchen and selling them on Santa Monica beach. From there, his vision evolved through many phases and grew into a number of fresh juice ventures until arriving at **Evolution**, GreenLeaf’s purveyor of choice for fresh squeezed juice. Evolution prides itself on quality and freshness and the company consistently seeks out the finest produce available for their products. All the fruit that goes into Evolution juice arrives at their southern California facility perfectly fresh and ripe and is processed on site. Evolution cracks their own coconuts, peels their own bananas and presses their own apples for each and every bottle of juice.



Evolution has renewed their commitment to superior quality and freshness with the introduction of their new **High Pressure Process (HPP)**, replacing conventional heat pasteurization. HPP is a method by which food is subjected to extreme pressure to deliver juice in its raw state, without the safety risks associated with unpasteurized juice.

The process is simple: fresh squeezed juice is bottled cold, then a few seconds of HPP is applied, locking in the nutrients, beneficial enzymes and—most importantly—flavor, of fresh squeezed juice. The HPP process functions just like pasteurization, but because heat is never applied during the process, the “just-squeezed” flavor and nutrition of the juice is never compromised.

Evolution has renewed their commitment to superior quality and freshness with the introduction of their new High Pressure Process (HPP), replacing conventional heat pasteurization.

All **Never Heated Ultra Premium Juices** have a longer shelf life than fresh-squeezed—40 days! Evolution’s quality-assurance team constantly regulates every step of the juice-making process to ensure food safety is rigorously followed.

GreenLeaf is excited to be a part of this revolutionary approach to fresh-squeezed juice. Choose from the following citrus varieties: **Orange, Grapefruit, Lemon, Lime** and **Tangerine**.

Two pounds of grapefruit are squeezed for every 2 cups of potassium-packed **Grapefruit Juice**. **Orange Juice** is a Vitamin C and folate powerhouse. **Tangerine** is a wonderful combination of tangy and sweet, packing plenty of Vitamin A and calcium. **Lemon and Lime Juice** taste fresh-from-the-tree delicious. Orange, Lemon and Lime are available in gallons and half gallons, and Grapefruit and Tangerine are available in half gallons. **Cold Pressed Apple Juice** is also available in half gallons. Call us today for pricing!

—Sara Jaye



seasonal menu planning

fresh information so you can plan ahead for the season

BEST SEASONAL PRODUCE PICKS

FRUIT

Berries: Raspberries, Strawberries, Blueberries
CA. Organic Strawberries-Watsonville

Citrus: Ruby Star Grapefruit-Coachella Valley, Meyer Lemons-San Benito County, Tangelos-San Joaquin County, Pixie Mandarins-Fresno County (Ending Soon). Blood Oranges and Kumquats Winding Down.

Rhubarb: Field Grown, Oregon

Tropicals: Mangos-Guatemala, Manila-Mex.

VEGETABLES

Artichokes* and Asparagus*

Avocados: Prices High Until After the 5th

Fava Beans, Peas (Watsonville)

Broccolis, Including Rabe and Di Cicco*

Carrots: Nantes, Red Baby, French Market Round, Maroon, White and Yellow Baby, Jumbo Rainbow Mix

Cauliflowers, Celery Root, Chards*

Collard Greens, Corn: White and Yellow

Cresses: Ancho and Pepper

Cucumber: English and Pickling

Belgian Endive, Green Garlic, Kales*, Kohlrabi

Leaves: Pea and Fava*, Leeks

Mushrooms: Morel and Cultivated

Mustard Greens, Nettles*

Spring Onions*, Sweet Onions

Potatoes: Banana "Pee Wee", Fingerlings, German Butterball*, Mixed Marble, Princess La Ratte*, Ruby Crescent

Radishes: Black Spanish, Easter Egg, French Breakfast, Red Icicle*

Ramps Through May

Roots: Burdock, Horseradish, Parsley, Parsnips, Rutabaga, Turnips*

Bloomsdale Spinach, Sunchoke

Sweet Potatoes: Garnets, Sweet and Jewel

Sausalito Springs Watercress

Winter Squash: Acorn, Butternut (Only CA Winter Squash, Organic), Kabocha, Spaghetti

Summer Squash: Californian (Baby Still Mex.)

PRODUCE: NEW

Purple Baby Artichokes

Organic Asparagus, California*

Fava Beans, California

Chive Blossoms

Broccoli Romanesco

Red Cash Lettuce (Baby Romaine with Red Tips-County Line)*

Organic Snap Peas-Comanche Creek*

Pears Packham

Male Squash Blossoms
(2 Day Preorder, Not Counting Weekends. No Monday Deliveries.)

PRODUCE: DONE

Brussels Sprouts

Cardoon

County Line Easter Egg and Flambeau Radishes

Organic Celery Root

Chicories

Bergamot, Page Mandarin, Blood Oranges, Cara Cara, Seville, Ending Soon

California Chanterelles (Bulgarian by Mid Month), Hedgehogs and Black Trumpets (OR) Ending First Week or so of May

Honeycomb

CHEESE

Mascarpone

Franklin's Teleme

Crescenza

Fromage Blanc

Purple Haze

Di Stefano Burrata

PANTRY

Evolution Juices: Fresh Orange, Grapefruit, Lemon, Lime, Tangerine

Chocolate

Cooking Oils, Finishing Oils

Vinegars

Dried Fruits and Nuts

Olives: Divina and Barnier

Condiments

Pastas: Fresh, Dried, Frozen

Grains and Legumes

Fresh Tortillas

Dried Chili Peppers

DAIRY

Clover Milk: Conventional and Organic

Cheese: Blocks, Shred and Grates

Cage Free Glauum Eggs

Butter: Salted, Unsalted, European, Organic

Yogurt: Regular, Organic

Buttermilk

FROZEN

Breads, Pastries, Sweets

Fruits and Vegetables

French Fries and Steak Fries

SUPPLIES

Wood

Charcoal

*** Farm Direct items.
See more on page six.**

