

2026 BONDI PRODUCE

# SPRING PLANNER



**Bondi**

# SPRING SEASONAL ITEMS

## ARTICHOKES

Tender and earthy with a clean, vegetal depth. Ideal for grilling, braising, or slow confit preparations that highlight their rich, silky texture. Green and purple varieties available.

## ASPARAGUS (GREEN, WHITE JUMBO, PURPLE)

At peak freshness with vibrant flavour and firm structure. Excellent shaved raw, lightly blanched, or charred. Jumbo white offers density and presence; purple brings subtle sweetness and colour contrast.

## ENGLISH PEAS

Bright, sweet, and clean. A true spring staple that works beautifully in purées, pastas, risottos, and composed vegetable dishes.

## FAVA BEANS

Creamy texture with a subtle nuttiness. Well-suited for spreads, pastas, and spring vegetable compositions where richness and depth are needed.

## FIDDLEHEADS

Distinctly grassy and earthy. Best treated simply — sautéed, folded into broths, or paired with restrained spring flavours.

## RHUBARB (FORCED & FIELD)

Forced rhubarb offers a refined, delicate flavour and tender texture. Field-grown delivers a more robust profile. Ideal for compotes, gastriques, and savoury-acid applications.

## GREEN GARLIC

Mild and fresh with a soft garlic character. Works seamlessly in sautés, pastas, and light sauces where subtlety matters.

## GARLIC SCAPES

Garlic scapes have a bright, mild garlic flavour and a tender-crisp texture that makes them perfect for grilling, sautéing, pesto, and adding aromatic depth to stir-fries and vegetable sides.

## STRAWBERRIES (GREEN + FIELD)

Strawberries range from the crisp, tangy bite of green berries to the juicy sweetness of field-grown fruit, giving chefs everything from sharp acidity for pickles, vinaigrettes, and savoury plates to soft, fragrant flavour for desserts, salads, and fresh applications.

## MORELS

Morel mushrooms have an earthy, deeply savoury flavour and a sponge-like texture that soaks up butter, stock, and aromatics beautifully, making them perfect for sautéing, cream sauces, and rich spring pastas.

## RAMPS

Ramps bring a bold, garlicky-onion flavour with tender leaves and crisp bulbs that work beautifully in pestos, sautés, compound butters, and as a punchy garnish for proteins and vegetables.

## TURNIP (BABY BUNCH)

Crisp and peppery when raw, tender and subtly sweet when roasted or braised. Ideal for spring plates that highlight delicate roots and bright flavours.

## ZUCCHINI FLOWERS (FEMALE)

Zucchini flowers have a delicate texture and mild, floral flavour that make them perfect for stuffing, lightly frying, or folding gently into pastas and omelettes.

# LOCAL FARM HIGHLIGHTS

SHELBURNE, ON

## LENNOX FARMS

- Forced Rhubarb
- Field Rhubarb

ENNIS, ON

## COOKSTOWN GREENS

- Green Garlic
- Garlic Scapes

TILLSONBURG, ON

## DENBOER

- Easter Egg Radishes
- French Breakfast Radishes
- Baby Bunch Turnips

BRANT COUNTY, ON

## BOOTS

- Zucchini Flowers (Female)
- Basil Box

SCOTLAND, ON

## WELSH BROS

- Premium Asparagus

BRIGHTON, ON

## BOSCO

- Red Kohlrabi
- Kohlrabi

VANESSA, ON

## OBEID FARMS

- English Peas
- Fava Beans

CANADA

## WILD FORAGED

- Morels
- Ramps
- Spruce Tips
- Fiddleheads

JORDAN STATION, ON

## TIGCHELAAR

- Field Strawberries
- Green Strawberries

# TOP SPRING MENU PICKS

As we move into spring, flavour direction shifts. Menus lean brighter, lighter, and more green-forward as winter depth gives way to freshness and acidity. This planner highlights the core spring menu drivers to help you plan ahead, build features with intention, and manage seasonal transitions with timing in mind.



	MAR	APR	MAY	JUN
<b>ARTICHOKES</b>				
PURPLE	●	●	●	●
GREEN	●	●	●	●
<b>ASPARAGUS</b>				
GREEN CONVENTIONAL	●	●	●	●
WELSH BROS (PREMIUM)	●	●	●	●
WHITE JUMBO	●	●	○	○
PURPLE	●	●	○	○
<b>BEANS</b>				
FAVAS	○	○	○	●
<b>BERRIES</b>				
CONVENTIONAL STRAWBERRIES	●	●	●	●
FIELD STRAWBERRIES	○	○	●	●
GREEN STRAWBERRIES	○	○	●	●
<b>BABY ROOTS</b>				
BABY BUNCH TURNIPS	●	●	●	●
ORANGE CARROTS	●	●	●	●
HEIRLOOM CARROTS	●	●	●	●
GOLDEN BEETS	●	●	●	●
RED BEETS	●	●	●	●
STRIPED BEETS	●	●	●	●
<b>CITRUS</b>				
MEYER LEMON	●	○	○	○
BLOOD ORANGE	●	●	●	○
CARA CARA ORANGES	●	●	●	○
<b>EGGPLANT</b>				
BABY	●	●	●	●

● Available from CA      ● Available Outside CA      ○ Not Available

Please Note: This list is intended as a quick reference of Spring highlights for our customers. It's not exhaustive, and each season varies depending on weather and growing conditions. For the most current and complete information, please see our weekly Market Report or reach out to your sales rep!

MAR APR MAY JUN

**EDIBLE FLOWERS**

NASTURTIUM	☉	☉	☉	☉
PANSIES	☉	☉	☉	☉
BORAGE	☉	☉	☉	☉
PEA FLOWERS	☉	☉	☉	☉
VIOLAS	☉	☉	☉	☉
GARLIC BLOSSOMS	☉	☉	☉	☉

**FENNEL**

FENNEL BULBS	☉	☉	☉	☉
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**GARLIC**

GARLIC SCAPES	○	○	○	●
GREEN GARLIC	○	●	●	○
BULBS	☉	☉	☉	☉

**GREENS**

HAVEN GREENS	●	●	●	●
VISION GREENS	●	●	●	●

**HERBS**

MINT	☉	☉	☉	☉
TARRAGON	☉	☉	☉	☉
DILL	☉	☉	☉	☉
BASIL BOX	○	●	●	●
CHIVES	☉	☉	☉	☉

**KOHLRABI**

RED	○	○	○	●
GREEN	☉	☉	☉	●

**LEEKS**

LEEKS	☉	☉	☉	☉
BABY LEEKS	☉	☉	☉	☉
RAMPS	○	○	●	○

**MICROGREENS**

MICRO ARUGULA	●	●	●	●
MICRO PEA SHOOTS	●	●	●	●
MICRO RADISH	●	●	●	●

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**MICROGREENS CON'T**

	MAR	APR	MAY	JUN
MICRO SPROUT MIX	●	●	●	●
MICRO MINT	●	●	●	●

**MUSHROOMS**

MORELS	○	●	●	●
OYSTER	●	●	●	●
LION'S MANE	●	●	●	●
ENOKI	●	●	●	●

**ONIONS**

GREEN	◐	◐	◐	◐
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**PEAS**

ENGLISH	○	○	○	●
SUGAR SNAP	◐	◐	◐	◐
SNOW	◐	◐	◐	◐

**POTATOES**

BABY CREAMER (PURPLE, RED & WHITE)	●	●	●	●
FINGERLINGS	●	●	●	●

**RADISHES**

EASTER EGG	◐	◐	●	●
FRENCH BREAKFAST	◐	◐	◐	●
RED CELLO	●	●	●	●
VALENTINE	◐	◐	◐	◐
DAIKON	◐	◐	◐	◐
PURPLE NINJA	◐	◐	◐	◐

**RHUBARB**

FORCED	●	●	●	○
FIELD	○	○	●	●

**SPECIALTY**

AGRETTI	◐	◐	◐	○
FIDDLEHEADS	○	○	●	○
SPRUCE TIPS	○	○	●	○

**ZUCCHINI FLOWERS**

FEMALE	○	○	●	●
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# TOP SPRING MENU PICKS

## FROM THE NON-PRODUCE SECTION



### JAPANESE CITRUS JUICES (750ml & 6/750ml)

- YUZU | 7190\* & 8635
- CALAMANSI | 9065\* & 9064



### HATCH COFFEES (12/100ml)

- COLD OATADO | 11578
- COLD SHOTS | 11577



### BARBET (24/355ml)

- LOVE BITE | 10503
- WILD CARD | 10504
- DEEP DIVE | 11117
- LIGHTWAVE | 10502



### BLACK RIVER JUICE (12/300ml)

- APPLE MANGO | 11916
- LEMONADE | 11918
- ORANGE | 11917
- GRAPEFRUIT | 11919
- TART CHERRY (6/1L) | 12098



### FRESH CHEESES

- BURRATA | 6840
- BURRATINI | 6863
- STRACIATELLA | 7819
- RICOTTA | 6833



### JUG (24/473ml)

- STILL WATER | 12087



### ST. BRIGID'S CREAMERY BUTTER (25/250g)

- UNSALTED | 12097
- SALTED | 12092



### KOZLIK'S MUSTARDS (4L)

- DAILY DIJON | 6194
- MARKET MUSTARD | 6192
- TRIPLE CRUNCH | 7621



### NEW/SCHOOL PLANT-BASED SALMON (10/125g)

- FILLETS | 11203



### MALDON SALT (1.4kg)

- SEA SALT FLAKES | 12152

*\*Indicates splits code*