Nebraska Harvest Guide

Enjoying locally grown foods all year round!

Spring
Savor the first, fresh, tender greens; asparagus, rhubarb, fresh herbs and radishes. Adorn your home with spring blossoms and your garden with locally grown plants.

Summer
Shop at a local farmers' market, get to know the farmers and where your food comes from. Stock up on meat for the grill and seasonal vegetable, fruits and berries.

Fall
The largest variety of food is now available from lettuce mixes to winter squash, and this is a great time for preserving the bountiful source of high quality food for winter. Attend a local harvest festival and pick a pumpkin.

Winter
Enjoy farm-fresh winter squash, root crops and local Farm-fresh poultry; meats and local dairy products, artisan breads and value added foods made with local ingredients. Remember, local foods make great holiday gifts!

These locally grown foods are available all year round in Nebraska!

Beef & Bison
Chicken
Dairy Products
Duck
Eggs
Goat Meat
Goose
Honey
Lamb
Nuts
Preserves
Pork
Poultry
Turkey
Value Added

	APRIL	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
APPLES				X	X	X	X	X	
APRICOTS				X	X				
ASIAN PEARS					X	X	X		
ASPARAGUS		X	X						
BEANS LIMA				X	X	X	X		
BEETS		X	X	X	X	X	X		
BLACKBERRIES					X	X			
BROCCOLI			X	X	X	X	X		
BRUSSELS SPROUTS						X	X	X	
CABBAGE			X	X	X	X	X	X	
CANTALOUPES					X	X	X	X	
CARROTS			X	X	X	X	X	X	
CELERY				X	X	X			
CHERRIES			X	X					
CAULIFLOWER				X	X	X	X		
CUCUMBERS				X	X	X			
EGGPLANT				X	X	X	X		
GARLIC					X	X	X	X	
GOOSEBERRIES				X	X				
GRAPES				X	X	X			
GREEN BEANS				X	X	X			
GREEN ONIONS			X	X	X	X			
GREENS		X	X	X	X	X	X		
HERBS		X	X	X	X	X	X		
KALE			X	X	X	X	X	X	
LEEKS					X	X	X		
LETTUCE	X	X	X	X	X	X	X	X	X
MELONS				X	X	X			
MUSHROOMS (CULTIVATED)	X	X	X	X	X	X	X	X	X
NECTARINES				X	X				
ONIONS					X	X	X		
PARSNIPS	X	X					X	X	X
PAW PAWS						X			
PEACHES				X	X				
PEARS					X	X	X		
PEAS			X	X					
PEPPERS			X	X	X	X	X		
PERSIMMONS							X		
PLUMS & PLUOTS				X	X				
POTATOES				X	X	X	X		
PUMPKINS						X	X	X	
RADISHES		X	X	X	X	X	X		
RASPBERRIES			X	X	X				
RHUBARB	X	X	X						
SPINACH		X	X	X	X	X	X		
SQUASH (SUMMER)				X	X	X	X		
SQUASH (WINTER)					X	X	X	X	
STRAWBERRIES			X	X					
SWEET CORN				X	X	X	X		
SWEET POTATOES						X	X	X	X
TOMATOES FIELD GROWN				X	X	X		X	
TOMATOES GREENHOUSE	X	X	X	X	X	X	X	X	X
TURNIPS				X	X	X	X	X	
WATERMELONS				X	X	X	X		
ZUCCHINI				X	X	X	X		

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