

# :: Pride of the Prairie ::

## Seasonal Food Guide of the Upper Minnesota River Valley

### Spring

Nutritious fresh spring greens from a local grower are a welcome sign of things to come at the start of a new growing season.

#### :: Vegetables ::

asparagus	sorrel
cauliflower	turnip
garlic greens	kohlrabi
greens	lettuce
arugula	mushrooms
beet	parsnips
bok choy	peas
chard	radishes
collard	rhubarb
cress	scallions
dandelion	spinach
kale	sprouts
mustard	turnips

#### :: Fruits ::

raspberries	strawberries
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#### :: Season with ::

chives	oregano
cilantro	parsley
dill	sage

### Summer

Summer heat is cooled by fresh fruits and vegetables. The season's bounty is an opportunity to freeze, can or dry summer's surplus.

#### :: Vegetables ::

beets	lettuce
broccoli	mushrooms
cabbage	okra
carrots	onions
cauliflower	peppers
celery	potatoes
cucumbers	radicchio
eggplant	scallions
endive	summer
fennel	squash
garlic	sweet corn
green beans	tomatoes
kohlrabi	zucchini

#### :: Fruits ::

currants	plums
chokecherries	raspberries
gooseberries	strawberries
melons	

#### :: Season with ::

basil	oregano
cilantro	parsley
dill	sage
majoram	savory
mint	tarragon

## Fall

Late season fruits and vegetables grace the fall table with a colorful variety of squashes. Surplus produce can be stored for winter use.

### :: Vegetables ::

beets	mustard
broccoli	sorrel
brussels-	horseradish
sprouts	kohlrabi
cabbage	lettuce
carrots	mushrooms
cauliflower	okra
celeriac	onions
daikon	peppers
fennel	potatoes
garlic	pumpkins
greens	purslane
arugula	rutabaga
beet	scallions
bok choi	shallots
chard	sweet potatoes
collard	turnips
cress	winter squash
dandelion	

### :: Fruits ::

apples	plums
apple cider	late melons
raspberries	

## Winter

Winter is a great time to combine canned, frozen, dried and stored products with products like locally grown grain and meats available all year round.

### :: Vegetables ::

beets	leeks
cabbage	mushrooms
carrots	onion
celeriac	parsnips
daikon	potatoes
garlic	rutabagas
horseradish	shallots
Jerusalem artichoke	sweet potatoes
kale	turnips
kohlrabi	winter squash

### :: Fruits ::

apples	plums
apple cider	raspberries

### :: Year Round ::

beef	honey
barley	jams
buckwheat	jellies
butter	lamb
cheese	oats
chicken	popcorn
corn meal	pork
dried herbs	rye
duck	soybeans
eggs	spelt
flax	turkey
goat	wheat

Modeled after Northeast Regional Food Guide,  
Wilkins and Bokaer-Smith, Cornell University, 1996