

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 choy	shallots
chard	sweet potatoes
collard	turnips
cress	winter squash
dandelion	
kale	

Fruits

apples	plums
apple cider	late melons
raspberries	

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

Winter

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

Vegetables

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

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

Pride of the Prairie**Seasonal Food Guide**
the Upper Minnesota River Valley**Spring**

Nutritious fresh spring greens from a local grower are a welcomed 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

Summers 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
marjoram	savory
mint	tarragon