

Seasonal Minnesota Fruits & Vegetables

Seasonal Minnesota Fruits

Fall	Winter	Spring	Summer
September October November	December January February	March April May	June July August
apples cantaloupe grapes honeydew plums raspberries watermelon	apples		apples blueberries blackberries cantaloupe currants chokecherries gooseberries grapes honeydew plums raspberries strawberries watermelon

Seasonal Minnesota Dark Green Vegetables

Fall	Winter	Spring	Summer
September October November	December January February	March April May	June July August
arugula bok choy broccoli collard greens dark green leafy lettuce kale mesclun mustard greens romaine lettuce spinach Swiss chard turnip greens watercress	kale	arugula bok choy beet greens collard greens dark green leafy lettuce kale mesclun mustard greens romaine lettuce spinach Swiss chard turnip greens watercress	broccoli collard greens dark green leafy lettuce kale mesclun mustard greens romaine lettuce spinach Swiss chard turnip greens watercress

Seasonal Minnesota Orange Vegetables

Fall	Winter	Spring	Summer
September October November	December January February	March April May	June July August
carrots pumpkin sweet potatoes winter squash	carrots sweet potatoes winter squash	winter squash	carrots pumpkin winter squash

Seasonal Minnesota Starchy and Other Vegetables

Fall	Winter	Spring	Summer
September October November	December January February	March April May	June July August
bean sprouts beets bell peppers Brussels sprouts cabbage cauliflower celery celery root celeriac chicory cucumbers daikon eggplant fennel garlic kohlrabi leeks mushrooms onions radishes rutabaga shallots summer squash sweet corn parsnips potatoes tomatoes turnips	beets cabbage celeriac daikon garlic leeks mushrooms onions parsnips rutabaga shallots turnips potatoes	asparagus bean sprouts cauliflower kohlrabi mushrooms peas potatoes radishes rhubarb scallions turnips	beets bell peppers Brussels sprouts cabbage cauliflower celery celeriac chicory cucumbers eggplant endive daikon fennel garlic green beans kohlrabi mushrooms okra onions parsnips peas potatoes radishes rhubarb rutabaga scallions shallots summer squash

Fall	Winter	Spring	Summer
September October November	December January February	March April May	June July August
wax beans zucchini			sweet corn tomatoes turnips wax beans zucchini

Notes

- Minnesota has five different growing zones. Not all fruits and vegetables will be available within every community in Minnesota.
- Many family farmers are using season extension and have controlled storage that allow fruits and vegetables to be available an extended time during the year.
- Fruits and vegetables can be preserved and frozen to use throughout the school year. Please follow the proper food safety precautions. For a fact sheet go to: http://www.mn-farmtoschool.umn.edu/regulations_2.html

Resources

Minnesota Grown:

<http://www.mda.state.mn.us/~media/Files/food/minnesotagrown/producecalendar.ashx>

Pride of the Prairie: <http://www.prideoftheprairie.org/potp-old/localfoodguide.pdf>