

# PRODUCE SEASONALITY, CROP EXTENSION, AND STORAGE RESOURCE GUIDE FOR NEBRASKA



Product	Months in season												Greenhouse grown	Can be stored	Can be frozen fresh		
	J	F	M	A	M	J	J	A	S	O	N	D					
Apples																X	X
Asparagus																	X
Beets														Year round		X	
Blackberries																	X
Broccoli																	X
Cabbage																X	X
Cantaloupe																	X
Carrots														Fall/spring		X	X
Cherries																	X
Cucumbers														Spring/early summer			
Eggplant																	X
Garlic																X	
Grapes																	X
Green beans																	X
Herbs																	X
Kale														Year round			X
Kohlrabi																X	X
Leeks																	X
Lettuce														Year round			
Onions														Green onions year round		X	
Peaches																	
Pears																	
Peas														Spring/fall			X
Peppers														Spring/summer			X
Plums																	
Potatoes																X	X
Pumpkins																	
Radishes														Year round			
Raspberries																	X
Rhubarb																	X
Spinach														Year round			X
Squash																X	X
Strawberries																	X
Sweet corn																	X
Sweet potatoes																X	
Tomatoes																	X
Turnips														Year round		X	X
Watermelon																	X
Zucchini																	

\*Most garden vegetables can be started indoors in March or April.

## LOCAL YEAR ROUND:



Cheese																	
Meats and poultry																	X
Milk																	
Beans (dry edible)																X	
Grains and flours																X	



The above institutions are equal opportunity providers.

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