

Harvest of the Month

NEBRASKA SEASONALITY CHART

	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL
MELONS	■	■										■
CORN ⊕	■	■	■	△	△	△	△	△	△	△	△	■
SUMMER SQUASH ⊕	■	■										■
ARONIA BERRIES	■	■	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
CABBAGE	■	■	■									■
APPLES	■	■	■	■	■	■	■	■				■
TURNIPS	■	■	■	■							■	■
WINTER SQUASH ⊕	■	■	■	■	■	●	●					■
SWEET POTATOES		■	■	■	■	●	●					
POTATOES	■	■	■	■	■	●	●					■
CARROTS	■	■	■	■	■	■	■	■	■	■		
LEAFY GREENS	■	■	■	■					■	■	■	■
ASPARAGUS									■	■		
RHUBARB	●	▲	▲	▲	▲	▲	▲	▲	●	■	■	■
* DRY BEANS ⊕	■	■	■	■	■	■	■	■	■	■	■	■
BISON ⊕	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
BEEF	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
DAIRY	■	■	■	■	■	■	■	■	■	■	■	■
EGGS	■	■	■	■	■	■	■	■	■	■	■	■
HONEY	■	■	■	■	■	■	■	■	■	■	■	■

Availability Key: ■ Generally available fresh from a local grower ● It's possible to find fresh from a local grower
 ▲ Generally available frozen from a local grower △ Generally available dried from a local grower

Child Nutrition Program Meal Component Key: Meat/Meat Alternate, Vegetable, Fruit, Grain, Dairy, Other (does not meet meal pattern requirements)

* Dried beans may be credited as a meat/meat alternate or as a vegetable, but not as both in the same meal.

⊕ Item featured as part of Indigenous Foods