

A Guide to Nevada's Seasonal Food

Buying Food in Season

When you buy fruits and vegetables that are in season, they are freshest and can help save you money. Buying from local farms also means supporting your local farmers and their ability to produce nutritious, fresh food. This page lists what produce is available locally, depending on the time of year.

Local Produce by Season

January to April

Asparagus, green onions, salad greens, and kale

May to June

Basil, beets, fennel, green garlic, kale, lettuce, peas, salad greens, radish, shallots, spinach, turnips, cherries, currants, rhubarb, and strawberry

July to August

Strawberries, raspberries, blueberries, blackberries, plums, peaches, apples, melons, artichoke, beets, broccoli, cabbage, carrots, cauliflower, Kohlrabi, celery, collard greens, corn, cucumbers, dill, eggplant, fennel, garlic, green beans, leeks, onions, scallions, shallots, peppers, potatoes, tomatillos, radishes, salad turnips, summer squash, zucchini, tomatoes, goji berries, grapes, and nectarine

September to October

Apples, pears, melons, raspberries, broccoli, Brussel sprouts, cabbage, cauliflower, celeriac, celery, sweet corn, carrots, cucumbers, fennel, salad greens, leeks, onions, scallions, shallots, beets, parsnips, potatoes, sweet potato, turnips, green beans, shell beans, summer squash, zucchini, eggplant, peppers, tomatoes, winter squash, pie pumpkins, garlic

Final Considerations

For more information about healthy eating and active living resources, please email 5210healthywashoe@nnph.org.