

Michigan grows a broad variety of crops each year and our farmers take pride in growing high-quality products. The state leads the nation in the production of several crops, including asparagus, black and small red beans, marigolds, and squash. Michigan agriculture contributes more than \$104.7 billion annually to our state's economy, making Michigan one of the most diverse states in the United States. We invite you to learn more about our state's agriculture production and to enjoy all that Michigan's agriculture industry has to offer.

Michigan Department of Agriculture & Rural Development

> PO Box 30017 Lansing, MI 48909

Toll-Free: 800-292-3939 www.michigan.gov/mdard www.michigan.gov/agdevelopment

Michigan apples are harvested August through October, but with controlled-atmosphere storage technology, they are available nearly year-round. Processed apples are available throughout the year in juice, canned, fresh slices, and applesauce forms.

Nutrition

Apples are naturally free from fat, cholesterol, and sodium. They are an excellent source of fiber.

Contact

Michigan Apple Committee 13750 S. Sedona Parkway, Suite 3 Lansing, MI 48906 Phone: 517-669-8353 Toll-Free: 800-456-2753 Fax: 517-669-9506 www.michiganapples.com



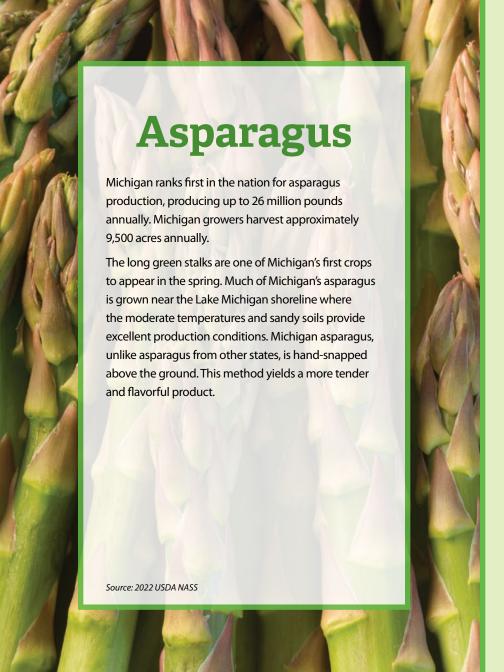
Apples

Apples are one of the largest and most valuable fruit crops grown in Michigan. In 2022, 1.36 billion pounds of apples were harvested in Michigan, ranking second in the nation. About 50 percent of the harvest was used for processing, yielding a farm value of \$108 million. Fresh market apples account for a farm value of \$34 million at 707 million pounds. There are more than 14.95 million apple trees in commercial production, covering 34,500 acres on 775 family-run farms. Orchards are trending to super high-density planting (approximately 1,000 or more trees per acre) which come into production and bring desirable varieties to market quickly.

While Michigan is best recognized for its fresh apples in autumn, the state's apples are typically shipped from mid-August all the way through the following June.

About 50 percent of all Michigan apples are processed into other products. Michigan uses more apples than any other state for pies and fresh-cut slices and processing into applesauce, fresh and shelf-stable apple cider, apple juice, and apple cider vinegar.

Sources: 2022 USDA NASS, 2018 USDA NASS Michigan Rotational Survey



The season in Michigan for fresh asparagus is late April through June. Asparagus lovers can enjoy canned or frozen Michigan asparagus throughout the year, as 40 percent of the crop is processed.

Nutrition

Asparagus is the leading supplier among vegetables of folic acid. A 5.3-ounce serving provides 60 percent of the recommended daily allowance for folacin which helps blood cell formation, growth, and prevention of liver disease. Asparagus spears contain no fat or cholesterol and provide potassium, fiber, vitamin B₆, and glutathione. It's also the ideal vegetable for low-sodium diets, with only one milligram of sodium per 100 grams of cooked asparagus spears.

Contact

Michigan Asparagus Advisory Board 12800 Escanaba Drive, Suite A DeWitt, MI 48820 Phone: 517-669-4250 www.michiganasparagus.org

Year-round, Michigan's farmers and ranchers work hard to care for their cattle because raising healthy cattle is the first step in providing delicious, wholesome beef.

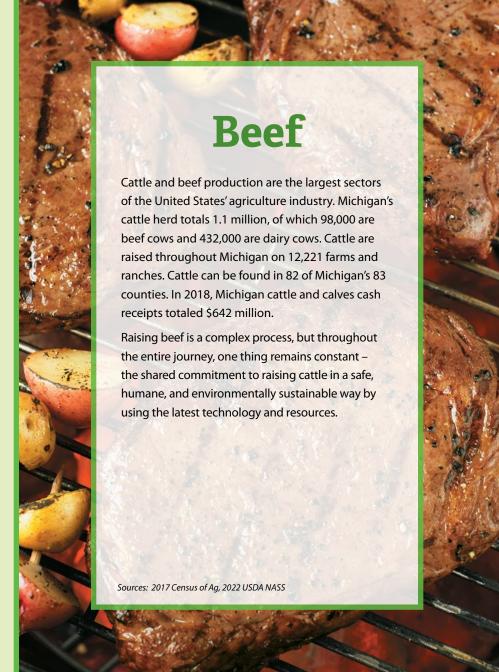
Nutrition

When it comes to beef and your health, you can rest easy knowing that along with being tasty, beef contains important nutrients that your body needs. In just one 3-ounce cooked serving, you're getting 10 essential nutrients, including about half your daily value for protein!

Contact

Michigan Beef Industry Commission 12800 Escanaba Drive, Suite A Dewitt, MI 48820 Phone: 517-347-0911 www.mibeef.org







Fresh Michigan blueberries are available from July through October. Frozen, dried, and juiced blueberries can be enjoyed throughout the year in a variety of forms and products.

Nutrition

Blueberries are a healthy, stress-free food. You get fiber, vitamin C, vitamin K, manganese, and potassium in every handful of blueberries - at just 80 calories per cup. They are also low in sodium and have virtually no fat.

Contact

Michigan Blueberry Commission PO Box 338 Grand Junction, MI 49056 Phone: 517-679-4767

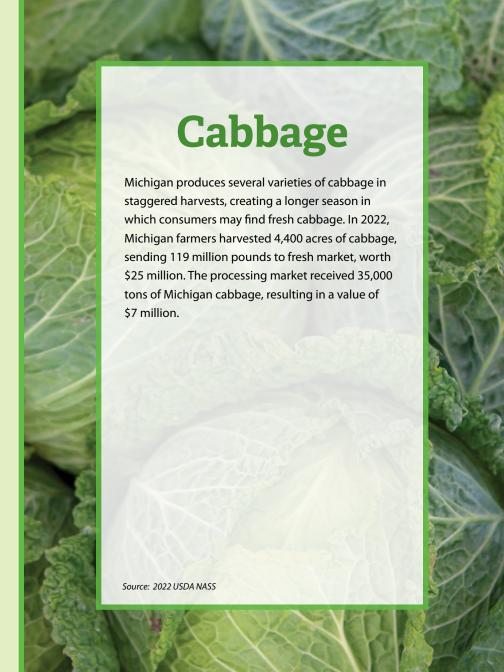
Fresh Michigan cabbage is available to consumers from June through December.

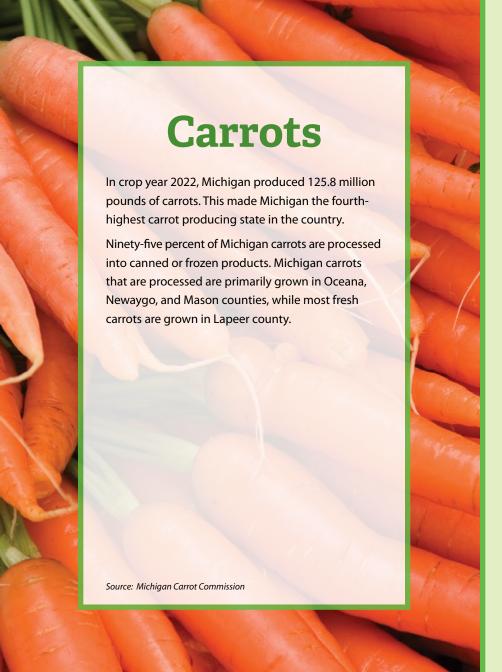
Nutrition

Cabbage is low in saturated fat and cholesterol while being high in dietary fiber, vitamins C and K, folate, potassium, manganese, iron, and magnesium.

Contact

Michigan Vegetable Council 6835 S. Krepps Road St. Johns, MI 48879 Phone/Fax: 517-663-6725 www.michiganvegetablecouncil.org





Carrots are grown in Michigan for processing and fresh market use. Fresh market carrots are harvested from early August through December. Carrots for processing are harvested from early October through late November, and are available throughout the year.

Nutrition

One 2.8-ounce carrot has 40 calories and provides more than twice the recommended daily allowance of vitamin A for a healthy adult. High in fiber, potassium, and vitamin C, this crisp-textured root breaks down into calcium and is easily absorbed by the body when eaten.

Contact

Michigan Carrot Committee 12800 Escanaba Drive, Suite A DeWitt, MI 48820 Phone: 517-669-4250

Fresh celery is available from July through October, and available throughout the year in processed forms.

Nutrition

Celery is a great source for vitamin C, potassium, and dietary fiber while being very low in calories and cholesterol.

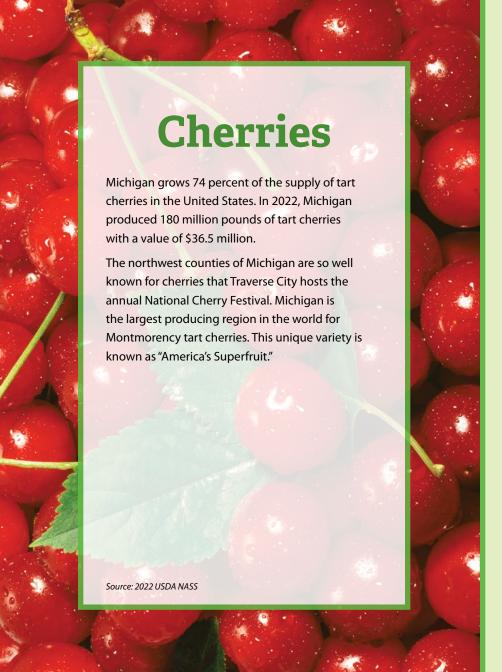
Contact

Michigan Celery Promotion Cooperative, Inc. PO Box 306 Hudsonville, MI 49426 Phone: 616-669-1250 Fax: 616-669-2890 www.michigancelery.com

Celery

Michigan's celery production began in Kalamazoo County. Today, the majority of Michigan's celery is still grown in the southwest counties of the state. In 2023, 1,100 acres of celery generated \$14.2 million from 77 million pounds grown in Michigan, ranking the state second among the top celery producing states in the country.

Source: Michigan Celery Promotion Cooperative, Inc.



Fresh sweet cherries are available from late June through August; however, processed tart and sweet cherries are available throughout the year in canned, frozen, dried, or juice forms.

Nutrition

Montmorency tart cherries grown in the United States have among the highest levels of disease-fighting antioxidants when compared to other fruits. They also contain other important nutrients such as beta carotene, vitamin C, potassium, magnesium, iron, and fiber.

Contact

Michigan Cherry Committee 12800 Escanaba Drive, Suite A DeWitt, MI 48820 Phone: 517-669-4264 Fax: 517-669-3354 www.usacherries.com



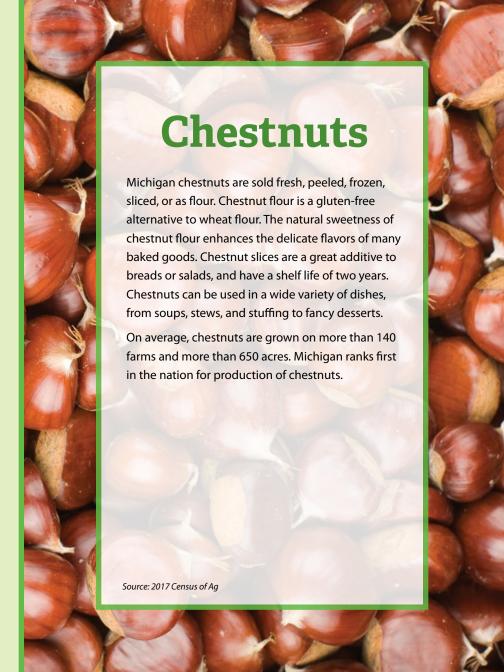
Michigan chestnuts are available in their fresh form from October through December, while peeled frozen and peeled dehydrated chestnuts are found throughout the year.

Nutrition

Chestnuts are an excellent source of iron and, unlike other nuts, chestnuts are low in fat. They are also a good source of thiamin, potassium, riboflavin, and phosphorous.

Contact

CGI: Chestnut Growers, Inc. Phone: 800-667-6704 Fax: 810-797-3299 www.chestnutgrowersinc.com





Contact

Michigan Christmas Tree Association PO Box 252 Durand, MI 48429-0252 Phone: 517-545-9971 Toll-free: 800-589-TREE (8733) Fax: 517-545-4501 www.mcta.org

Corn is planted in spring and harvested in the fall, starting in October and lasting until November. Processed corn may be consumed throughout the year.

Contact

Corn Marketing Program of Michigan 13750 S. Sedona Parkway, Suite 5 Lansing, MI 48906 Phone: 517-668-CORN (2676) Toll-Free: 888-323-6601 Fax: 517-668-2670 www.micorn.org



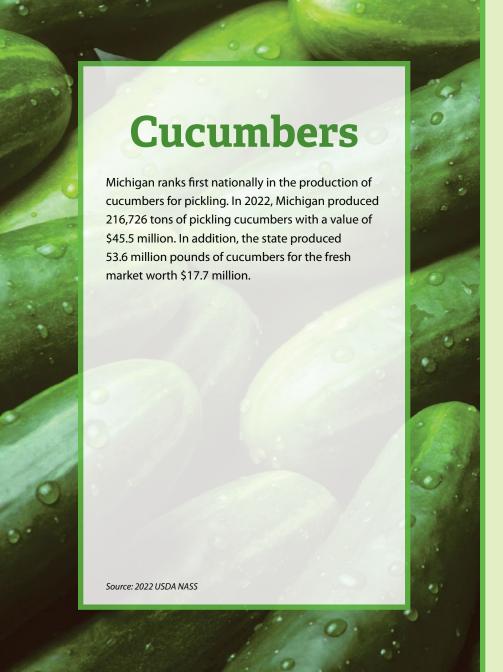
Corn

At 2.35 million acres, corn is Michigan's largest field crop. While corn often brings to mind images of corn on the cob, sweet corn for human consumption is less than one percent of the corn grown in the United States. The majority of corn grown in Michigan is field corn, which has a broad range of uses including animal feed, fuel, industrial uses, and biodegradable plastics. The top three uses for Michigan corn are livestock feed, ethanol production, and exports to other states.

Corn production is concentrated in the Lower Peninsula with Lenawee, Saginaw, and Sanilac as Michigan's largest-producing counties.

In 2022, Michigan produced 336 million bushels of corn grain worth \$2.16 billion.

Source: 2022 USDA NASS



Fresh cucumbers are available in July, August, and September, while pickles are available throughout the year.

Nutrition

The fresh cucumber is a very good source of vitamins A and C and the mineral molybdenum. Cucumbers are also rich in potassium, manganese, folate, dietary fiber, and magnesium.

Contact

Michigan Vegetable Council 6835 S. Krepps Road St. Johns, MI 48879 Phone/Fax: 517-663-6725 www.michiganvegetablecouncil.org

Milk and other Michigan dairy foods can be enjoyed year-round.

Nutrition

Dairy products such as milk, cheese, and yogurt are good sources of calcium, potassium, vitamin D, and protein.

Contact

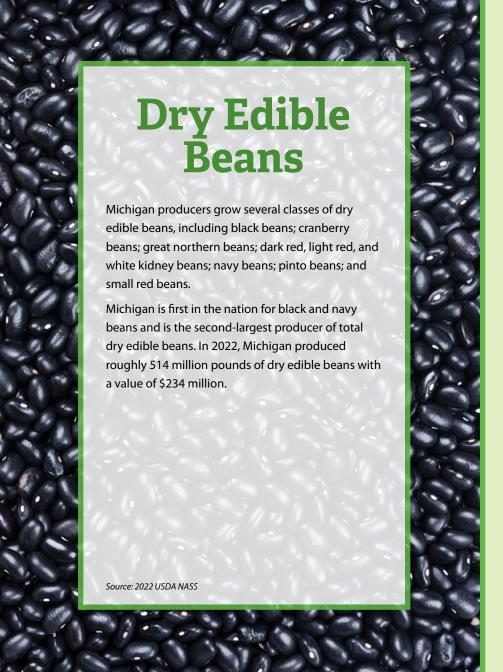
United Dairy Industry of Michigan 2163 Jolly Road Okemos, MI 48864 Phone: 517-349-8923 Fax: 517-349-6218 www.milkmeansmore.org

Dairy

Michigan is home to more than 400,000 dairy cows on about 900 dairy farms located throughout the state. With each cow producing on average 27,430 pounds of milk per year, Michigan is first in the United States for production of milk per cow.

Michigan also ranked sixth in the nation for total production. In 2022, 11.74 billion pounds of milk were produced at a value of \$2.88 billion, which comes in at sixth in the United States. Dairy farms contribute \$15.7 billion to the state's economy.

Source: 2022 USDA NASS



Dry edible beans are ready for harvest in late August through October and are available throughout the year in canned and packaged forms.

Nutrition

With the exception of meat products, dry beans are the highest source of protein available. Beans also have more fiber than any other unprocessed food. They are low in sodium and fat and high in calcium, phosphorus, potassium, thiamin, and niacin. They help reduce blood cholesterol levels and their low amounts of sodium and fat help protect against heart disease.

Contact

Michigan Bean Commission 516 S. Main Street, Suite D Frankenmuth, MI 48734 Phone: 989-262-8550 www.michiganbean.com

Eggs and other Michigan dairy products can be enjoyed year-round.

Nutrition

One egg contains only 70 calories, yet is home to all nine essential amino acids and six grams of high-quality protein. Eggs are helpful during pregnancy, contribute to the growth and development of children, assist in the function of aging adults, and aid in muscle building.

Contact

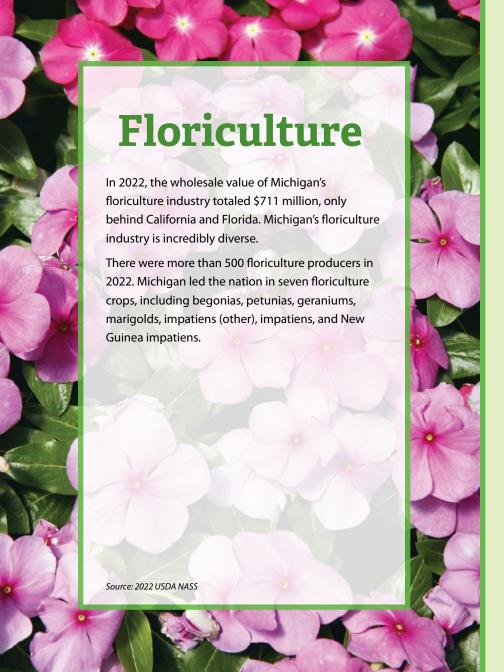
Michigan Allied Poultry Industries PO Box 1211 East Lansing, MI 48826 Phone: 517-372-5250 www.mipoultry.com

Eggs

The Michigan poultry industry raises laying hens for egg production. Michigan ranks seventh in production of eggs with more than 16.8 million laying hens that produce 5.1 billion eggs per year. There are eight egg farm families with 17 farms spread throughout Michigan. Egg production contributes \$833 million to the Michigan economy annually.

Michigan egg producers are moving the industry toward cage free and all birds will be raised cage free by 2025.

Source: 2022 USDA NASS



Michigan produces a variety of floriculture products available seasonally through the year ranging from flats, annual and perennial pots, hanging baskets, and fall mums to poinsettias and many more.

Contact

Michigan Greenhouse Growers Council 120 N. Washington Square Suite 1000 Lansing, MI 48933 Phone: 517-367-2033 Fax: 517-372-1501 www.mifqc.org

Harvest for early hybrid varieties of wine grapes begins at the end of August in the southwest and may extend into November for late-ripening vinifera varieties in the northwest.

Nutrition

Grapes for juice are an excellent source of vitamin C, and have antioxidants that help to protect against free radicals that can damage healthy cells and may weaken the immune system.

Contact

Michigan Craft Beverage Council (wine grapes) PO Box 30017 Lansing, MI 48909-7517 Phone: 517-930-0696 www.michigancraftbeverage.com

> National Grape Cooperative (juice grapes) 400 Walker Street Lawton, MI 49065 Phone: 269-624-2821 www.welchs.com

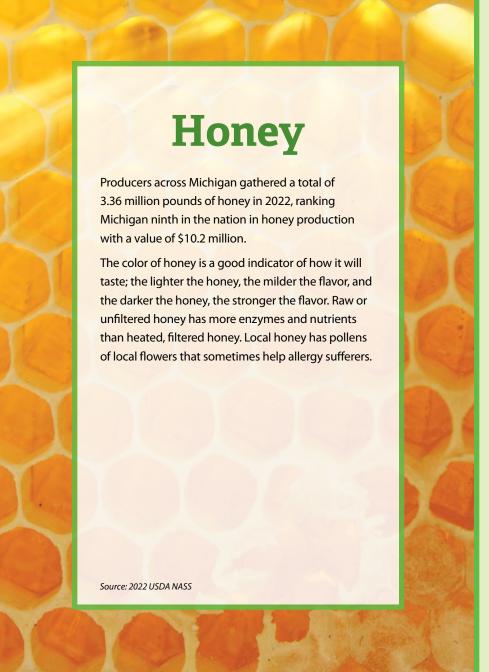


Grapes

On average, Michigan utilizes more than 93,000 tons of grapes for the production of wine and juice. Michigan has 10,900 acres of vines on 390 farms, making Michigan the eighth-largest overall grape-producing state in the nation. About 3,375 of those acres are devoted to wine grapes on 257 farms, ranking Michigan the eighth-highest state for wine grape production in the nation.

Michigan has more than 175 commercial wineries producing about 4 million gallons of wine annually. Michigan wineries make many varieties of wine, including red, white, and specialty wines such as ice wine, sparkling, fortified, and brandies. Concord and Niagara grapes are grown primarily in the southwest part of the state and are used for juice production.

Sources: 2020 USDA NASS Michigan Rotational Survey, Alcohol and Tobacco Tax and Trade Bureau (TTB) Wine Statistics



Beekeepers usually harvest in summer or early fall, but some continue throughout the year, making Michigan honey available for consumers year-round.

Nutrition

Vitamin $B_{\rm gr}$ thiamin, niacin, riboflavin, pantothenic acid, and certain amino acids are all present in honey.

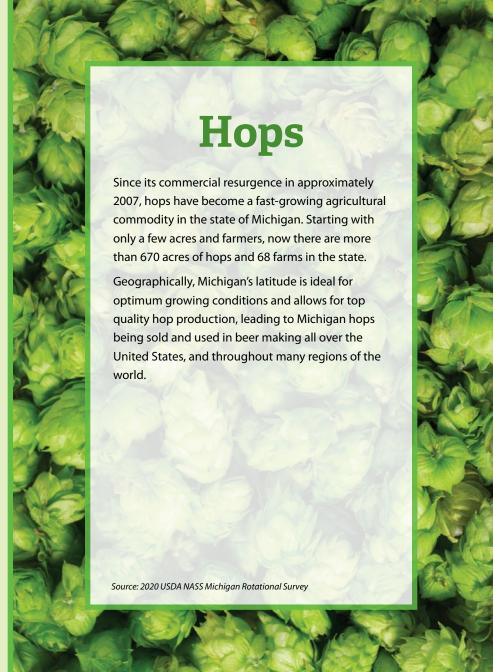
Contact

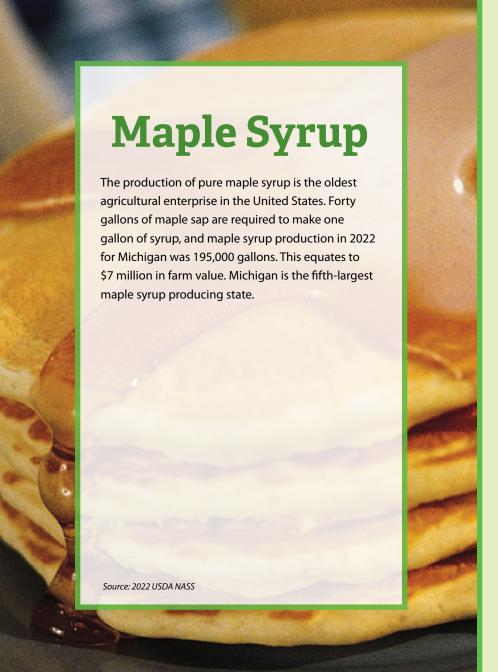
Michigan Beekeepers Association Phone: 248-921-6601 www.michiganbees.org

Hops are a perennial crop that are harvested once each year between early August and late September. More than 20 different varieties of hops are grown commercially in the state.

Contact

Hop Growers of Michigan PO Box 514 Charlotte, MI 48813 Phone: 248-795-8940 www.hopgrowersofmichigan.com





Maple syrup is the first farm crop to be harvested in Michigan each year. The maple syrup season in Michigan starts in February in the southern counties and extends into April in the Upper Peninsula.

Nutrition

Pure Michigan maple syrup has 50 calories per tablespoon and is fat-free. It has no additives, no added coloring, and no preservatives. Maple syrup has many minerals per tablespoon: 20 milligrams of calcium, 2 milligrams of phosphorus, 0.2 milligrams of iron, 2 milligrams of sodium, and 5 milligrams of potassium.

Contact

Michigan Maple Syrup Association www.michiganmaple.org

Contact

Michigan Nursery and Landscape
Association
2149 Commons Parkway
Okemos, MI 48864
Phone: 517-381-0437
Fax: 517-381-0638
www.mnla.org
www.plantmichigangreen.com



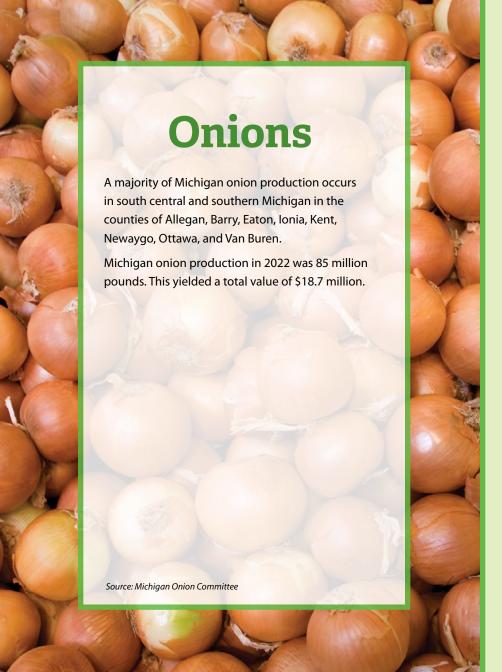
Nursery & Landscape

In 2019, more than 1,092 Michigan nursery producers generated \$695.4 million in sales.

Michigan is the top producer of geraniums, begonias, impatiens, marigolds, petunias, hardy chrysanthemums, and New Guinea impatiens. Michigan ranks second in production of hostas, Easter lilies, and pansies.

The economic impact of nursery, perennial plant, Christmas tree, and sod producers is \$1.2 billion with distribution to 35 states, Mexico, and Canada, making them the largest specialty crop in Michigan and the fourth-largest nursery industry in the nation. The landscape services and retail sectors in Michigan have an economic impact of \$4.5 billion.

Sources: 2019 Census of Horticultural Specialties, Michigan Nursery and Landscape Association



In a normal year, early-maturing onions (90 to 100 days) that are seeded in April are ready for harvest by late August.
Late-maturing onions (110 to 120 days) mature in mid- to late-September.

Nutrition

Onions are rich in vitamin C, vitamin B₆, and potassium.

Contact

Michigan Onion Committee 6835 S. Krepps Road St. Johns, MI 48879 Phone: 517-663-6725 www.michiganonion.com

Fresh peaches are available from early July through mid-September, but processed peaches are available throughout the year.

Nutrition

Peaches are a tasty treat with modest calories; a good source of potassium as well as vitamin A and vitamin C; low sodium; and contain no saturated fat. Peaches are a healthy snack and a smart, low-calorie way to end a meal.

Contact

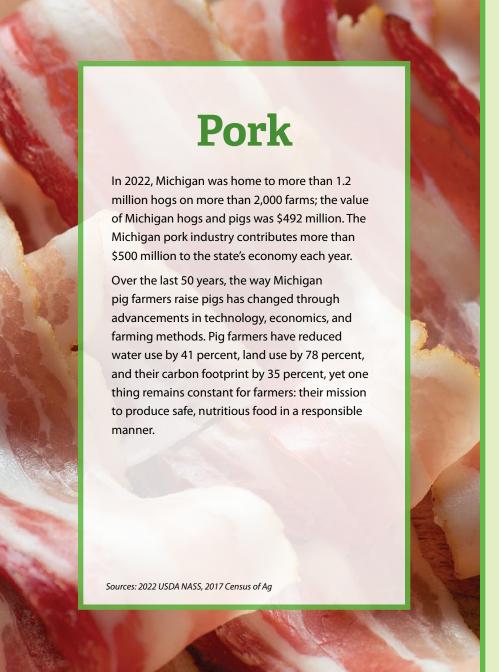
Michigan Peach Sponsors PO Box 1035 Coloma, MI 49038 www.mipeach.org

Peaches

Most Michigan peaches are grown in the west central to southwest corner, close to Lake Michigan, with additional production in the east along Lake St. Clair and in the northwest Grand Rapids area. In 2022, Michigan produced more than 23 million pounds of peaches valued at more than \$20.1 million.

Michigan's Red Haven peaches are famous throughout the country, with recent new Michigan varieties including the southwest Michigan Flamin' Fury and Stellar peach series gaining popularity.

Source: 2022 USDA NASS



Michigan's pig farmers work hard year-round to care for their pigs because raising healthy animals is the first step in providing safe, wholesome pork.

Nutrition

Pork is an excellent source of thiamin, niacin, riboflavin, vitamin $B_{\rm gr}$ phosphorous, protein, zinc, and potassium. The healthiest cuts of pork are loin roast, tenderloin, chop, and Canadian-style bacon.

Contact

Michigan Pork Producers Association 3515 West Road, Suite B East Lansing, MI 48823 Phone: 517-853-3782 www.mipork.org



The Michigan potato harvest begins in July and ends in October. Potatoes from storage facilities extend the availability of Michigan potatoes almost year-round.

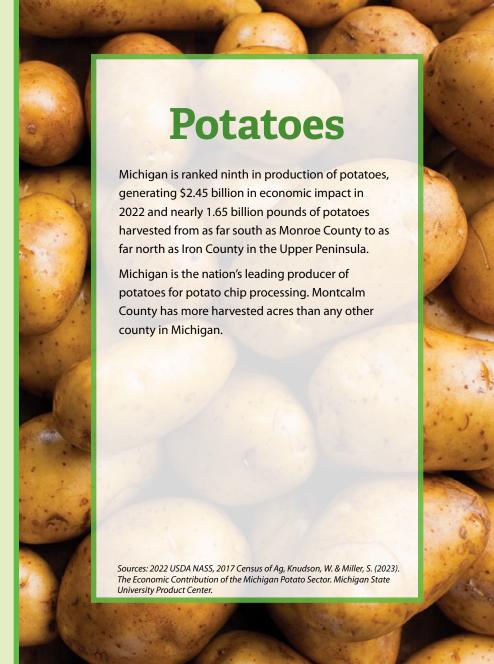
Nutrition

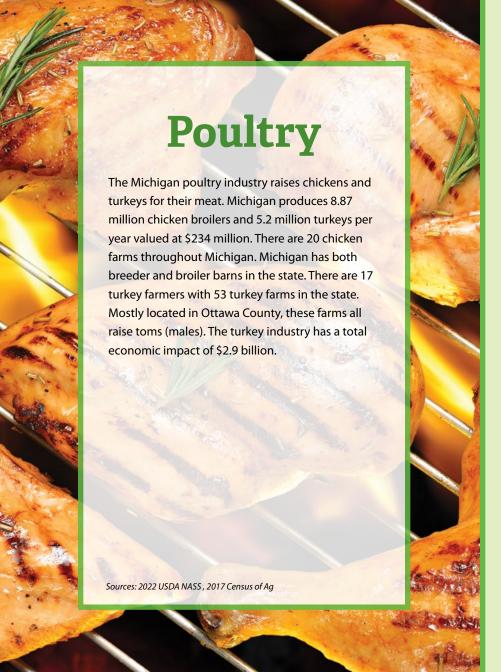
Potatoes are fat-free, rich in potassium, and an excellent source of fiber. Additionally, this vegetable contains half of the daily requirement of vitamin C.

Contact

Michigan Potato Industry Commission 3515 West Road, Suite A East Lansing, MI 48823 Phone: 517-253-7370 Fax: 517-253-7373 www.mipotato.com







Nutrition

Chicken and turkey are lean, low-fat foods packed with protein. Chicken is a good source of iron and is low in sodium. Turkey is noted as being "the perfect protein" since it has the highest protein level of any meat and is also typically the lowest in fat per serving.

Contact

Michigan Allied Poultry Industries PO Box 1211 East Lansing, MI 48826 Phone: 517-372-5250 www.mipoultry.com

Pumpkins are typically harvested in Michigan beginning in September through October. Fresh squash season is June through October, but squash can be found throughout the year in processed forms.

Nutrition

Pumpkin is full of the antioxidant beta-carotene, one of the plant carotenoids converted to vitamin A in the body. In the conversion to vitamin A, beta-carotene performs many important functions in overall health. Squash is very low in saturated fat, cholesterol, and sodium. It is also a good source of vitamins A, B₆, C, and E, thiamin, niacin, folate, calcium, magnesium, potassium, beta-carotene, and manganese.

Contact

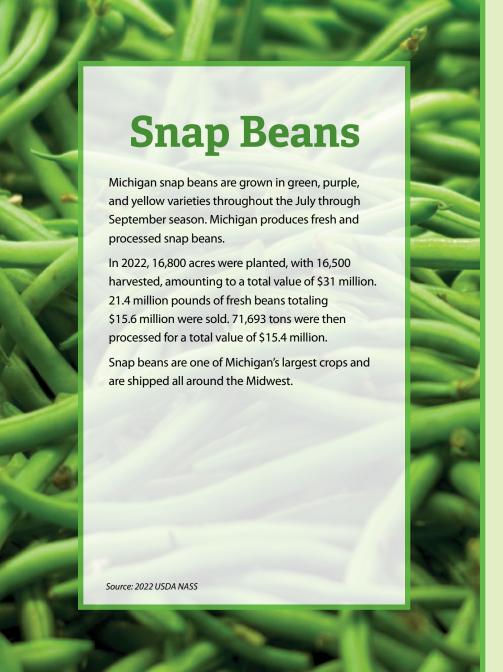
Michigan Vegetable Council 6835 S. Krepps Road St. Johns, MI 48879 Phone/Fax: 517-663-6725 www.michiganvegetablecouncil.org

Pumpkins & Squash

In 2022, Michigan generated \$16.4 million from the production of 93.1 million pounds of pumpkins. Michigan pumpkins are used for processing and jack-o-lanterns.

In 2022, Michigan produced 164 million pounds of squash for fresh or processed use, totaling \$39.5 million. Michigan leads the nation in the production of squash.

Source: 2022 USDA NASS



Snap beans are a warm temperature crop. This type of bean is planted and harvested between June and October.

Nutrition

Snap beans are typically harvested while still in their pods, but can be eaten out of the pods. Snap beans are rich in vitamins, containing vitamins A, C, and K. Snap beans are a great source of micronutrients such as iron and potassium and contain trace amounts of protein.

Contact

Michigan Vegetable Council 6835 S. Krepps Road St. Johns, MI 48879 Phone/Fax: 517-663-6725 www.michiganvegetablecouncil.org

Soybeans are planted in spring and are harvested in late fall. Processed soyfoods can be consumed year-round.

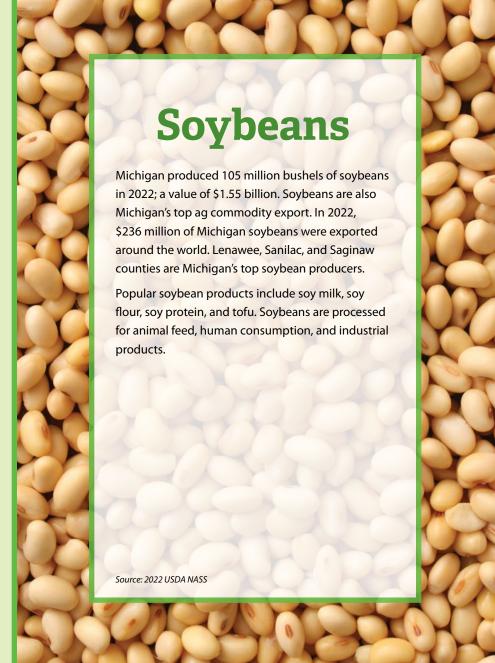
Nutrition

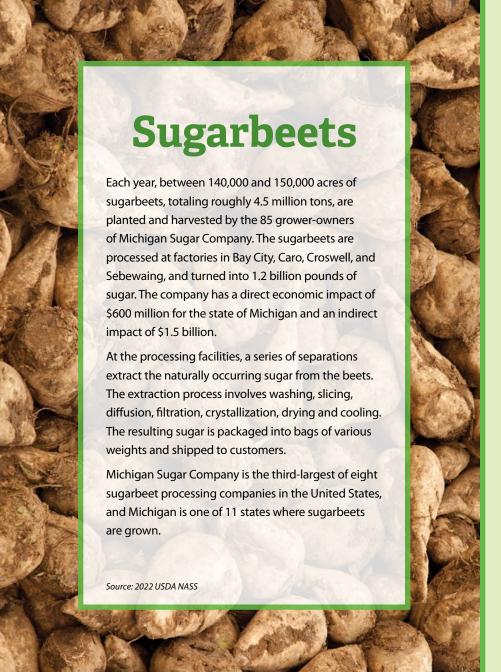
Soybeans are an excellent source of protein and are packed with vitamins and nutrients such as folate and potassium. Soyfoods can be used as a protein source in vegetarian diets.

Contact

Michigan Soybean Committee 3055 West M-21 St. Johns, MI 48879 Phone: 989-652-3294 www.michigansoybean.org







Sugarbeet seeds are planted in the early spring and reach maturity in about six months. Michigan Sugar Company has growers in more than 20 Michigan counties as well as Ontario, Canada.

Nutrition

The sugar extracted from sugarbeets has 15 calories per teaspoon with zero grams of fat. Sugar is used to make baked goods, cereals, yogurt, and many other sweet treats.

Contact

Michigan Sugar Company 122 Uptown Drive, Suite 300 Bay City, MI 48708 Phone: 989-686-0161 www.michigansugar.com



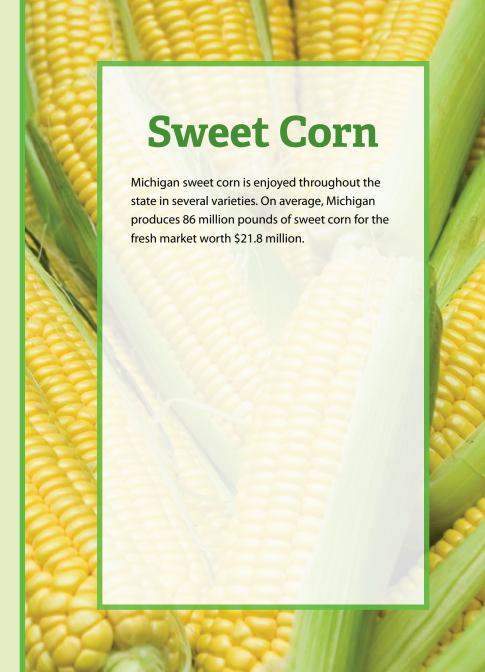
Fresh Michigan sweet corn is available July through September.

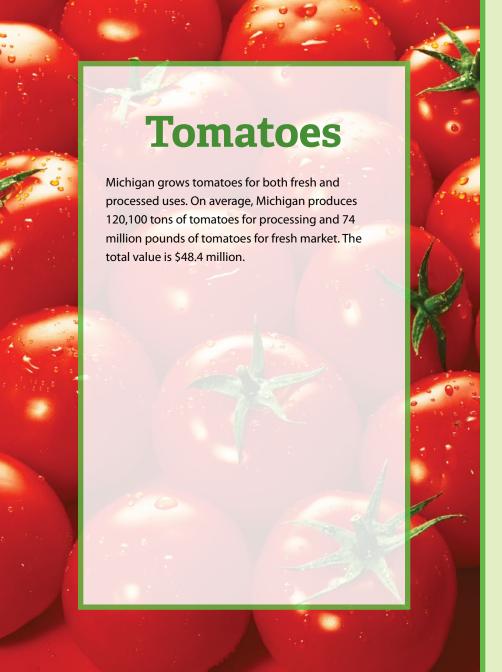
Nutrition

Sweet corn is rich in vitamin C, iron, thiamin, riboflavin, and fiber.

Contact

Michigan Vegetable Council 6835 S. Krepps Road St. Johns, MI 48879 Phone/Fax: 517-663-6725 www.michiganvegetablecouncil.org





Fresh tomatoes are available in August and September. Processed tomatoes can be purchased throughout the year.

Nutrition

Tomatoes are an excellent source of vitamins C and A as well as high in the antioxidant lycopene. They are low in sodium, saturated fat, and cholesterol. Tomatoes are also a good source of vitamin E (alpha tocopherol), thiamin, niacin, vitamin B_{σ} , folate, magnesium, phosphorus, copper, dietary fiber, vitamin K, potassium, and manganese.

Contact

Michigan Vegetable Council 6835 S. Krepps Road St. Johns, MI 48879 Phone/Fax: 517-663-6725 www.michiganvegetablecouncil.org

Michigan farmers grow winter wheat. Both red and white wheat are planted in the fall and harvested the next summer. Michigan has six large commercial mills that process wheat into a variety of products.

Nutrition

Wheat grains, both enriched and whole, are great sources of folic acid, fiber, iron, magnesium, vitamin E, B vitamins, antioxidants, thiamin, riboflavin, and other vitamins and minerals. The complex carbohydrates found in grains (such as wheat) supply energy and are low in fat, cholesterol, and sodium. The 2015 Dietary Guidelines for Americans recommends consumption of 6 ounces of grain a day, with at least half of those in the form of whole grains.

Contact

Michigan Wheat Program PO Box 25065 Lansing, MI 48909 Phone: 517-625-9432 Toll-Free: 888-943-2801 Fax: 517-625-6061 www.miwheat.org

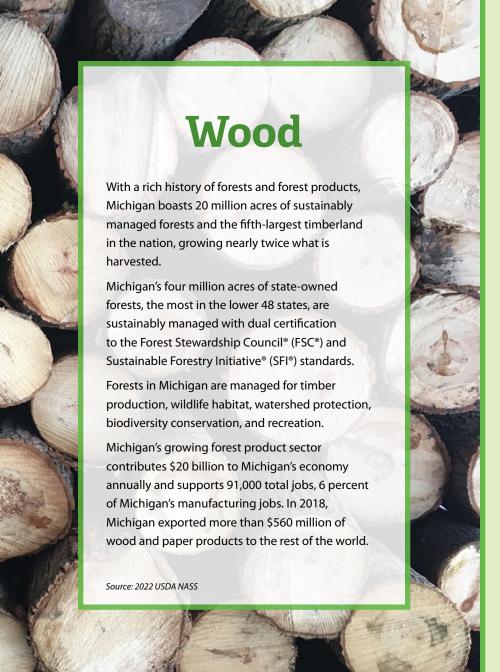


Wheat

Michigan farmers produced 34.4 million bushels of wheat in 2022 for an economic impact of \$269 million. Wheat is grown on about 500,000 acres across the Great Lakes State and in 75 of Michigan's 83 counties. Huron, Sanilac, Tuscola, and Gratiot are Michigan's top wheat-producing counties.

Michigan harvests both red and white varieties of wheat, which are used for baked goods, cookies, crackers, and pastries. Wheat is also a thickening ingredient for foods like licorice, gravies, soups, and sauces.

Sources: 2022 USDA NASS, 2017 Census of Aq



Contact

Michigan Forest Products Council 110 W. Michigan Ave Suite 100 Lansing, MI 48933 Phone: 517-853-8880 Fax: 517-853-1093 www.michiganforest.com

Sponsors



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www.miagclassroom.org

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Michigan Soybean Committee



Michigan Sugar Company



Michigan Wheat Program

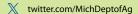
For additional information on commodity sponsors, including their web address and contact information, please see their individual commodity pages.



www.michigan.gov/mdard

Toll-Free: 800-292-3939





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