Michigan grows a wide variety of specialty crops each year, and our farmers take pride in growing high quality, diverse products. The state leads the nation in the production of several crops, including dry beans, red tart cherries, blueberries, squash, nine floriculture products (including hanging baskets, Easter lilies, geraniums, petunias, and impatiens), and cucumbers for pickles. Michigan also ranks in the top 10 for 63 other commodities. Michigan agriculture contributes $91.4 billion annually to the state’s economy, second in diversity only to California. We invite you to learn more about our state’s specialty crop production and to enjoy all the bounty and beauty Michigan’s agriculture industry has to offer.

Michigan Department of Agriculture & Rural Development
P.O. Box 30017
Lansing, MI 48909
Toll-free: (800) 292-3939
Phone: (517) 241-2178
Fax: (517) 335-0628
www.michigan.gov/mdard

Seasonality
Field fresh apples are available August through June. Processed apples are available throughout the year in juice, canned, and applesauce form.

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

Contact
Michigan Apple Committee
13750 South Sedona Parkway, Suite 3
Lansing, MI 48906
Phone: (517) 669-8353
Fax: (517) 669-9506
www.michiganapples.com

Apples
Apples are one of the largest and most valuable fruit crops grown in Michigan. The industry’s annual economic impact is estimated at $800 million. There are over 7.5 million apple trees in commercial production, covering 39,000 acres on 900 family-run farms. Michigan harvested 895 million pounds of apples in 2011 with a production value of $143.2 million. While Michigan is best recognized for its fresh apples in autumn, the state’s fresh apples are typically shipped from mid August all the way through the following June following precise storage in controlled atmosphere chambers. About 60 percent of all Michigan apples are processed into other products. Michigan slices more apples than any other state for use in pies and fresh-cut slices, and also processes apples into applesauce, fresh and shelf-stable apple cider, apple juice, and apple cider vinegar.
Seasonality

The season in Michigan for fresh asparagus is April through June. Asparagus lovers can enjoy canned or frozen Michigan asparagus throughout the year, as 65 to 75 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
P.O. Box 550
12800 Escanaba Drive, Suite A
DeWitt, MI 48820
Phone: (517) 669-4250
Fax: (517) 669-4251
www.michiganasparagus.com

Asparagus

Michigan ranks third in the nation for asparagus production, producing up to 25 million pounds annually. In fact, in 2011 the Michigan asparagus production was valued at over $1.7 million. Michigan growers harvest approximately 11,000 acres annually. The long green stalks are one of Michigan’s first crops to appear in the spring. Much of Michigan’s asparagus is grown near the Lake Michigan shoreline where the moderate temperatures and soils make for excellent production conditions. Michigan asparagus, unlike asparagus from other states, is hand-snapped above the ground. This method yields a more tender and flavorful product.

Blueberries

Michigan leads the nation in growing blueberries, producing over one-third of all of the blueberries eaten in the U.S. In 2011, the state produced 72 million pounds and over 20 varieties of the sweet, round, cultivated berries. Michigan blueberries are grown, harvested, and processed by over 600 family farms, contributing nearly $118.7 million to the state’s economy. Allegan, Berrien, Muskegon, Ottawa, and Van Buren counties comprise the state’s primary blueberry growing region.

Nutrition

Blueberries have consistently been recognized as the fruit with the highest antioxidant activity. They are especially high in vitamins A and C.

Contact

Michigan Blueberry Growers Association
04726 County Road 215
P.O. Box 322
Grand Junction, MI 49056
Phone: (269) 434-6791
Fax: (269) 434-6997
www.blueberries.com

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Michigan Blueberry Growers Association
04726 County Road 215
P.O. Box 322
Grand Junction, MI 49056
Phone: (269) 434-6791
Fax: (269) 434-6997
www.blueberries.com
Carrots

In 2011, Michigan produced 6.8 million pounds of carrots for fresh use worth $7.6 million. This made Michigan the second highest carrot producing state in the country. Michigan carrots are primarily found in the west, central counties of Montcalm and Oceana.

Cabbage

Michigan produces several varieties of cabbage in staggered harvests, producing a longer season in which consumers may find fresh cabbage. In 2011, Michigan farmers across the state produced 75.9 million pounds of cabbage worth $12.1 million.

Seasonality
Fresh Michigan cabbage is available to consumers from June to December, but can be obtained in its processed forms throughout the year.

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
P.O. Box 277
Erie, MI 48133
Phone: (734) 848-8899
Fax: (734) 848-8899
www.michiganvegetablecouncil.org

Seasonality
Carrots are grown in Michigan for processing and fresh market use. Fresh market carrots are harvested from late July through November. 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
13109 Schavey Road, Suite 7
DeWitt, MI 48820
Phone: (517) 669-8377
Fax: (517) 669-1121
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 2011, celery generated $12.9 million from 99 million pounds grown in Michigan, ranking it second among the top celery producing states in the country.

**Seasonality**
Fresh celery is available from June 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.
P.O. Box 306
Hudsonville, MI 49426
Phone: (616) 669-1250
Fax: (616) 669-2890
www.michigancelery.com

Michigan produces more cherries than any other state, including 70 to 75 percent of the tart cherries grown in the U.S. and 20 percent of the nation’s sweet cherries. In 2011, Michigan produced 28,700 pounds of sweet cherries with a value of $18.3 million, and 266 million pounds of tart cherries with a value of $47.2 million. The northwest counties of Michigan are so well known for cherries that each year, Traverse City, Michigan hosts the annual National Cherry Festival.

**Seasonality**
Fresh sweet cherries are available from late June to August, but processed tart and sweet cherries are available throughout the year in canned, frozen, dried, or juice form.

**Nutrition**
Cherries 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 Escondido Drive, Suite A
DeWitt, MI 48820
Phone: (517) 669-4264
Toll free: (800) 462-7611
Fax: (517) 669-3354
www.choosecherries.com
Michigan ranks third in the nation in the number of Christmas trees harvested, supplying approximately three million fresh Christmas trees to the national market each year. Michigan also produces and sells more than a dozen Christmas tree varieties on a wholesale level, which is more varieties than any other state. Our state has approximately 42,000 acres in commercial Christmas tree production, with an annual farm gate value of over $41 million. The industry receives an additional $1.3 million in sales of wreaths, cut boughs, garland, and other cut greens. For every Christmas tree harvested, Michigan Christmas tree farmers plant three new trees for future harvests.

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

Nutrition
Michigan chestnuts are sold fresh, peeled frozen, sliced, or as flour. Chestnut flour is a gluten-free alternative to wheat flour. The natural sweetness of chestnut flour enhances the delicate flavors of many baked goods. Chestnut slices are a great additive to breads or salads, and have a shelf life of two years. Chestnuts can be used in a wide variety of dishes, from soups, stews, and stuffing to fancy desserts.

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Contact
Michigan Christmas Tree Association
P.O. Box 377
Howell, MI 48844-0377
Phone: (517) 545-9871
Toll free: (800) 589-TREE
Fax: (517) 545-4501
www.mcta.org

Contact
CGI: Chestnut Growers, Inc.
Phone: (800) 667-6704
Fax: (231) 487-1082
www.chestnutgrowersinc.com
Cranberries

Michigan’s climate, soil, and water resources make our state an excellent location for cranberry production. Cranberries are grown on 280 acres throughout Michigan, including the Upper Peninsula, to the northern part of the Lower Peninsula, and down to Southwest Michigan. Michigan’s cranberry industry is expected to expand significantly in the coming years. Michigan produces over three million pounds of cranberries a year.

Cucumbers

Michigan ranks first nationally in the production of cucumbers for pickling. In 2011, Michigan produced 177,000 tons of pickling cucumbers with a value of $45.1 million. In addition, the state produced 70.3 million pounds of cucumbers for the fresh market worth $16.2 million.

Seasonality
Cranberries are harvested in September and October. Most Michigan cranberries are processed into juice and dried products, but some are also sold fresh.

Nutrition
Cranberries are a superior source of nutrition and vitamins, especially vitamin C.

Seasonality
Fresh cucumbers are available in July and August, but in their processed form, they can be purchased throughout the year.

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

Contact
Michigan Vegetable Council
P.O. Box 277
Erie, MI 48133
Phone: (734) 848-8899
Fax: (734) 848-8899
www.michiganvegetablecouncil.org
In 2011, the wholesale value of Michigan’s floriculture totaled $402.7 million, behind only California and Florida. Michigan’s floriculture industry is incredibly diverse. There were 625 floriculture producers in Michigan in 2010. Michigan leads the nation in nine floriculture crops, including impatiens, begonias, Easter lilies, geraniums, and petunias.

Seasonality
Michigan boasts a vast array of floriculture that comes to bloom throughout its summer months. Peak times depend on the specific variety of floriculture.

Contact
Michigan Floriculture Growers Council P.O. Box 544 DeWitt, MI 48820 Phone: (517) 420-7142 Fax: (517) 669-3354 www.mifgc.org

Michigan Floral Association 1152 Haslett Road Haslett, MI 48840 Phone: (517) 575-0110 Fax: (517) 575-0115 www.michiganfloral.org

Dry Edible Beans
Michigan producers grow several classes of dry edible beans, including: Azuki Beans, Black Beans, Cranberry Beans, Great Northern Beans, both Dark and Light Red Kidney Beans, Navy Beans, Pinto Beans, Small Red Beans, and Yellow Eye Beans. Rich farmland in Michigan’s Thumb counties grew more beans than any other place in the state. In fact, Huron County is one of the top dry bean producing counties in the country. In 2011, Michigan produced roughly 165,000 metric tons of dry edible beans with a value of $151 million.

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 1031 S. US 27 St. Johns, MI 48879 Phone: (989) 224-1361 Fax: (989) 224-6374 www.michiganbean.org

Floriculture
In 2011, the wholesale value of Michigan’s floriculture totaled $402.7 million, behind only California and Florida. Michigan’s floriculture industry is incredibly diverse. There were 625 floriculture producers in Michigan in 2010. Michigan leads the nation in nine floriculture crops, including impatiens, begonias, Easter lilies, geraniums, and petunias.
Grapes

Michigan utilized 94,400 tons of grapes for production of wine and juice in 2011, with a total value of $31.5 million. Michigan has 14,600 acres of vines, making Michigan the fourth-largest grape producing state in the nation. About 2,650 of those acres are devoted to wine grapes, making Michigan the fifth state for wine grape production. Michigan has more than 100 commercial wineries producing more than 1.3 million gallons of wine annually. Michigan wineries make many varieties of wine, including red, white, and specialty wines such as ice wine, sparkling, fortified, fruit wines, and brandies. Concord and Niagara grapes are grown primarily in the southwest part of the state and are used for juice production.

Herbs

Michigan growers produce several varieties of herbs throughout the year for consumer use, including for nutritional and medicinal benefits. Michigan herbs are used in both fresh and processed forms in food, supplements, vitamins, and medicines.

Seasonality

Grapes

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 Grape and Wine Industry Council (wine grapes)
P.O. Box 30017
Lansing, MI 48909-7517
Phone: (517) 373-9789
Fax: (517) 335-0628
www.michiganwines.com

National Grape Cooperative (juice grapes)
400 Walker St.
Lawton, MI 49065
Phone: (269) 624-2821
Fax: (269) 624-7144
www.nationalgrape.com

Herbs

Seasonality

Herbs are grown in Michigan throughout the year, but prime season is April through October. The specific seasonality depends on the individual herb.

Nutrition

The nutritional value of herbs depends on the individual herb. Although herbs are not usually consumed in large quantities, some have measurable nutritional value. For instance, parsley has a greater concentration of B-carotene than carrots. Rosemary and thyme are rich in calcium, magnesium, potassium, and vitamins A and C. Many herbs are low in saturated fat and cholesterol and can also contain dietary fiber, iron, and other important minerals and vitamins.

Contact

Michigan Herb Business Association
4073 North Lake Rd.
Columbiaville, MI 48421
Phone: (810) 793-2401
www.michiganherbs.com
The production of pure maple syrup is the oldest agricultural enterprise in the U.S. Forty gallons of maple sap are required to make one gallon of syrup, and maple syrup production in 2011 for Michigan was 123,000 gallons. Michigan is the seventh largest maple syrup producing state in the U.S.

Honey

Producers across Michigan gathered a total of 5.1 million pounds of honey in 2011, ranking Michigan seventh in the nation in honey production, with a value of $8.3 million. The color of honey is a good indicator of how it will taste; the lighter the honey, the milder the flavor, and the darker the honey, the stronger the flavor. Raw or unfiltered honey has more enzymes and nutrients than heated, filtered honey. Local honey has pollens of local flowers that sometimes help allergy sufferers.

Nutrition

Vitamins B6, thiamin, niacin, riboflavin, pantothenic acid, and certain amino acids are all present in honey.

Contact

Michigan Beekeepers Association
2712 Fontaine Trail
Holt, MI 48842
Phone: (517) 709-3514
www.michiganbees.org

Seasonality

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

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.mi-maplesyrup.com

Seasonality

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.
The Michigan nursery, perennial plant production, sod producers, landscaping, and lawn care industries contribute $1.2 billion to Michigan's economy. Nursery and perennial plant producers generate about $291 million in annual sales and distribute their products to 35 states, Mexico, and Canada, making them the second largest agriculture commodity group in Michigan and the fifth largest nursery industry in the nation.

Michigan grows a variety of nursery products such as hostas, sod, shrubs, fruit trees, flowering trees, seedlings, and other various perennials.

Mint

Mint grows in the wild and in greenhouses and nurseries in Michigan. The native wild mint (Mentha canadenis/arvensis), peppermint, and spearmint all have the same uses, both for medicinal and culinary use. Wild mint grows in damp places, is upright with leaves on both sides, and flowers (light pink or white) on the stem between the leaves.

Nursery Products

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Seasonality

Fresh mint can be harvested from late spring into the fall, but other forms of mint can be found throughout the year in dried or liquid form.

Nutrition

Fresh peppermint and spearmint are low in saturated fat, and very low in cholesterol. They are a good source of niacin, phosphorus, zinc, dietary fiber, vitamin A, vitamin C, riboflavin, folate, calcium, iron, magnesium, potassium, copper, and manganese.

Contact

Michigan Herb Business Association
4073 North Lake Rd.
Columbiaville, MI 48421
Phone: (810) 793-2401
www.michiganherbs.com

Michigan Nursery and Landscape Association
2148 Commons Parkway
Okemos, MI 48864
Phone: (517) 381-0437
Fax: (517) 381-0638
www.mnla.org
Onions

A majority of Michigan onion production occurs in south central and southern Michigan in the counties of Allegan, Barry, Eaton, Ionia, Kent, Newaygo, Ottawa, and Van Buren. Michigan onion production in 2011 was 99.7 million pounds. This yielded a total value of $12.4 million.

Seasonality
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
12800 Escanaba Drive, Suite A
P.O. Box 550
DeWitt, MI 48820
Phone: (517) 669-4250
Fax: (517) 669-4251

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 2010, Michigan produced 28 million pounds of peaches valued at over $12.7 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.

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

Nutrition
Peaches are a tasty treat with modest calories, a good source of potassium, vitamin A, vitamin C, low sodium, and no saturated fat. Peaches are a healthful snack and a smart, low calorie way to end a meal.

Contact
Michigan Peach Sponsors
P.O. Box 1035
Coloma, MI 49038
www.michiganpeach.org
Plums

Michigan produced 1,400 tons of fresh and processed plums in 2011 totaling nearly $1 million. These were mostly of the Stanley, NY9, NY6, and Damson varieties. Damsons are small, have a tart flavor and are used mainly for processing. Stanleys, NY9, and NY6 are larger, elongated/round-shaped freestone European-type plums with blue-black skin and yellow flesh used as both fresh and processing products.

Contact
Michigan Plum Committee
12800 Escanaba Drive, Suite A
P.O. Box 550
DeWitt, MI 48820
Phone: (517) 669-4250
Fax: (517) 669-4251

Seasonality
The harvest season for plums begins in mid July and continues through October, with the major production in September. While most are eaten fresh, some Michigan plums are canned and frozen.

Nutrition
Plums are high in carbohydrates and a good source of potassium, minerals, and vitamin A.

Pears

In 2010, Michigan produced 900 tons of pears that generated $1.4 million. Pears are utilized as fresh and processed for baby food and limited use for wine and brandy. Bartlett is the primary variety grown in Michigan for both processing and fresh use. Other more common varieties include D’Anjou, Harrow Delight, Spartlett, and the newer, fire blight resistant Harrow Sweet. Asian pear varieties are grown primarily for fresh consumption.

Contact
Michigan Department of Agriculture & Rural Development
P.O. Box 30017
Lansing, MI 48909
Phone: (517) 241-2178
Fax: (517) 335-0628

Seasonality
The pear harvest season runs from early August to mid October with most production during the Bartlett season in late August to mid September. Most fresh pears are consumed within a few weeks of harvest.

Nutrition
Fresh pears are very low in saturated fat, cholesterol, and sodium. Pears are also a good source of vitamin C, and a very good source of dietary fiber.
In 2011, Michigan pumpkins generated $16.8 million from production of 98.6 million pounds. Michigan pumpkins are used for processing and jack-o-lanterns. In 2011, Michigan produced 122 million pounds of squash for fresh or processed use, totaling $25.5 million.

In volume and sales, potatoes are Michigan’s leading produce commodity generating $162 million in farm gate sales in 2011 and 850 tons of potatoes harvested, from as far south as Monroe County to as far north as Iron County in the Upper Peninsula. Michigan is the nation’s leading producer of potatoes for potato chip processing. Montcalm is the largest potato production county in Michigan.

Seasonality
The Michigan potato harvest begins in July and ends in October.

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
13109 Schavey Road, Suite 7
DeWitt, MI 48820
Phone: (517) 669-8377
Fax: (517) 669-1121
www.mipotato.com

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Seasonality
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 form.

Nutrition
Pumpkin is full of the antioxidant, beta-carotene. Beta-carotene is 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 vitamin E, thiamin, niacin, vitamin B6, folate, calcium, and magnesium, and a very good source of vitamin A, vitamin C, potassium, beta-carotene, and manganese.

Contact
Michigan Vegetable Council
P. O. Box 277
Erie, MI 48133
Phone: (734) 848-8899
Fax: (734) 848-8899
www.michiganvegetablecouncil.org
Strawberries

Michigan grows strawberries for both fresh and processed uses. In 2011, Michigan produced 43,000 tons of fresh strawberries and 3,000 tons of processed strawberries. The combined productions generated $4.8 million. Most of the fresh strawberries were picked by consumers at “u-pick” operations around the state.

Raspberries & Blackberries

The raspberry industry in Michigan is relatively small, but Michigan raspberries are enjoyed by consumers whether they purchase them at a retail store, farm market, or pick-your-own farm. Many raspberries are used in Michigan restaurants and processed into excellent local preserves. Michigan produces a limited quantity of blackberries also. Despite their delicate nature and short shelf-life, raspberries and blackberries are enjoyed by consumers throughout the state. Fall fruiting blackberries have recently been developed and may help to extend the Michigan fresh blackberry season.

Seasonality

Fresh Michigan raspberries are available from July through October or year-round as frozen or processed products. Fresh blackberries are available from July to August, but because most blackberries are sold for processing or value-added products, consumers have access throughout the year.

Contact

Michigan Department of Agriculture & Rural Development
P.O. Box 30017
Lansing, MI 48909
Phone: (517) 241-2178
Fax: (517) 335-0628

North American Raspberry & Blackberry Association
1138 Rock Rest Rd.
Pittsboro, NC 27312
Phone: (919) 542-4037
Fax: (866) 511-6660
www.raspberryblackberry.com

Nutrition

Blackberries and raspberries are low in carbohydrates, calories, and fat, but are rich in vitamin C and fiber, both of which have been shown to help reduce the risks of certain cancers.

Strawberries contain 80 percent of the recommended daily allowance of vitamin C. Strawberries are an excellent source of fiber and potassium.

Contact

Michigan Department of Agriculture & Rural Development
P.O. Box 30017
Lansing, MI 48909
Phone: (517) 241-2178
Fax: (517) 335-0628
Tomatoes

Michigan grows tomatoes for both fresh and processed uses. In 2011, Michigan produced 105,000 tons of tomatoes for processing and 44 million pounds of tomatoes for fresh market. The total value was $28.9 million.

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 B6, folate, magnesium, phosphorus, copper, dietary fiber, vitamin K, potassium, and manganese.

Contact

Michigan Vegetable Council
P.O. Box 277
Erie, MI 48133
Phone: (734) 848-8899
Fax: (734) 848-8899
www.michiganvegetablecouncil.org

Sweet Corn

Michigan sweet corn is enjoyed throughout the state in several varieties. In 2011, Michigan produced 89.3 million pounds of sweet corn for the fresh market worth $20.5 million.

Nutrition

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

Contact

Michigan Vegetable Council
P.O. Box 277
Erie, MI 48133
Phone: (734) 848-8899
Fax: (734) 848-8899
www.michiganvegetablecouncil.org

Seasonality

Fresh Michigan sweet corn is available July through September.

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