Michigan grows a wide variety of 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 asparagus; black, cranberry, and small red dried beans; cucumbers; tart cherries; Niagara grapes; and squash. Michigan agriculture contributes more than $101 billion annually to our state’s economy, second in diversity only to California. We invite you to learn more about our state’s agriculture production and to enjoy all the bounty and beauty 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

The facts and figures in this booklet are sourced from USDA NASS for 2016.
Seasonality
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
Fax: 517-669-9506
www.michiganapples.com

Apples

Apples are one of the largest and most valuable fruit crops grown in Michigan. In 2016, 1.175 billion pounds of apples were harvested in Michigan. There are more than 11.3 million apple trees in commercial production, covering 35,500 acres on 825 family-run farms. Orchards are trending to super high-density planting (approximately 500 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 fresh apples are typically shipped from mid-August all the way through the following June, following precise storage in controlled-atmosphere chambers. About 55 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 processes apples into applesauce, fresh and shelf-stable apple cider, apple juice, and apple cider vinegar.
Asparagus

Michigan ranks first in the nation for asparagus production, producing up to 23 million pounds annually. In fact, in 2016 the Michigan asparagus production was valued at more than $20.2 million. Michigan growers harvest approximately 9,000 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.

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
12800 Escanaba Drive, Suite A
PO Box 550
DeWitt, MI 48820
Phone: 517-669-4250
Fax: 517-669-4251
www.michiganasparagus.org
Seasonality

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

Nutrition

Beef provides big nutrient power in a small package. A 3-ounce serving of lean beef contributes less than 10 percent of calories to a 2,000-calorie diet, yet it supplies more than 10 percent of the daily value for 10 essential nutrients including 48 percent of the protein that most people need each day!

Contact

Michigan Beef Industry Commission
2145 University Park Drive,
Suite 300
Okemos, MI 48864
Phone: 517-347-0911
www.mibeef.org

Beef

Cattle and beef production is the largest sector of the United States’ agriculture industry. Michigan’s cattle herd totals 1.14 million, of which 120,000 are beef cows and 425,000 are dairy cows. Cattle are raised in 80 of Michigan’s 83 counties on about 13,000 farms and ranches. In 2016, Michigan cattle and calves cash receipts totaled $529 million.

Today, more than 65 percent of beef cuts sold at retail meet government standards for lean, and 17 of the top 25 most popular cuts are lean. Among those cuts are perennially popular and widely-consumed beef products like sirloin steak and tenderloin. Contrary to conventional wisdom, research shows that including lean beef, even daily as part of a heart-healthy diet and lifestyle, can improve cholesterol profiles.
Blueberries

Michigan is one of the top producing states in growing these sweet, juicy, and plump little blue dynamos. In 2016, the state produced 110 million pounds of more than 30 mouthwatering varieties of highbush blueberries. More than 50 percent of all Michigan blueberries are shipped to the fresh market; the rest are frozen, pureed, concentrated, or canned to be used in a wide range of food products.

Modern-day blueberry farming began in Michigan in the early 1900s and today this perennial crop is harvested from more than 20,300 acres. Michigan blueberries are grown, harvested, packed, and processed by 575 family farms annually, contributing nearly $130.4 million to the state’s economy.

Seasonality

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

A one-cup serving of blueberries contains only 80 calories and virtually no fat. Blueberries have consistently been recognized as the fruit with the highest antioxidant activity. They are full of dietary fiber and packed with vitamins C, K, and manganese. One serving of blueberries delivers almost 25 percent of the daily requirement of vitamin C. Though miniature in size, blueberries are proof that, when it comes to health benefits, good things really do come in small packages.

Contact

MBG Marketing – The Blueberry People
PO Box 322
Grand Junction, MI 49056
Phone: 269-434-6791
www.naturipefarms.com
Cabbage

Michigan produces several varieties of cabbage in staggered harvests, producing a longer season in which consumers may find fresh cabbage. In 2016, Michigan farmers across the state produced 115.5 million pounds of cabbage worth $17 million.

Seasonality
Fresh and fresh cut 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
PO Box 277
Erie, MI 48133
Phone: 734-848-8899
Fax: 734-848-8899
www.michiganvegetablecouncil.org
Carrots

In 2016, Michigan produced 140 million pounds of carrots worth $12.5 million. This made Michigan the fourth-highest fresh carrot producing state in the country. Michigan carrots are primarily found in the west central counties of Newaygo and Oceana.

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 Commission
12800 Escanaba Drive, Suite A
PO Box 550
DeWitt, MI 48820
Phone: 517-669-4250
Fax: 517-669-4251
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 2016, celery generated $18.6 million from 106 million pounds grown in Michigan, ranking the state 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.
PO Box 306
Hudsonville, MI 49426
Phone: 616-669-1250
Fax: 616-669-2890
www.michigancelery.com
Cherries

Michigan grows 75 percent of the supply of tart cherries and 20 percent of the supply of sweet cherries in the United States. In 2016, Michigan produced 22,600 tons of sweet cherries with a value of $18.2 million and 224 million pounds of tart cherries with a value of $54 million.

The northwest counties of Michigan are so well known for cherries that Traverse City hosts the annual National Cherry Festival. Michigan is the largest producing region in the world for Montmorency tart cherries. This unique variety is known as “America’s Superfruit.”

Seasonality

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 form.

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.choosecherries.com
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.

Seasonality
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 B₁, potassium, riboflavin B₂, and phosphorous.

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

Michigan ranks third in the nation in the number of Christmas trees harvested, supplying approximately 1.7 million fresh Christmas trees to the national market each year. Michigan also produces and sells more than nine major Christmas tree species on a wholesale level, which is more species than any other state. Our state has approximately 27,000 acres in commercial Christmas tree production, with an annual farm gate value of more than $27 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.

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
At 2.4 million acres, cornfields cover more of Michigan than any other crop. The majority of Michigan corn is exported out of the state, while the corn that stays is used for animal feed and ethanol.

Corn production is concentrated in the Lower Peninsula with Saginaw and Sanilac counties as Michigan’s largest producers. In 2016, Michigan produced 320.3 million bushels of corn grain, worth $1.1 billion.

Contact
Corn Marketing Program of Michigan
13750 S. Sedona Parkway,
Suite 5
Lansing, MI 48906
Phone: 517-668-2676
www.micorn.org

Seasonality
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.
Cucumbers

Michigan ranks first nationally in the production of cucumbers for pickling. In 2016, Michigan produced 236,700 tons of pickling cucumbers with a value of $47 million. In addition, the state produced 68 million pounds of cucumbers for the fresh market worth $15 million.

Seasonality
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
PO Box 277
Erie, MI 48133
Phone: 734-848-8899
Fax: 734-848-8899
www.michiganvegetablecouncil.org
Michigan is home to 419,000 dairy cows on nearly 1,800 dairy farms located throughout the state. With each cow producing on average 25,957 pounds of milk per year, Michigan is second highest in the United States for production of milk per cow.

Michigan also ranked fifth in the nation for total production. In 2016, 10.9 billion pounds of milk were produced at a value of $1.64 billion. Dairy farms contribute $15.7 billion to the state’s economy.
Dry Edible Beans

Michigan producers grow several classes of dry edible beans, including Adzuki Beans; Black Beans; Cranberry Beans; Great Northern Beans; Dark Red, Light Red, and White Kidney Beans; Navy Beans; Pinto Beans; Small Red Beans; and Yellow Eye Beans.

Rich farmland in Michigan’s Thumb counties grow 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 2016, Michigan produced roughly 400 million pounds of dry edible beans with a value of $126 million.

Seasonality

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

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.org
Eggs

The Michigan poultry industry raises chickens for their eggs and turkeys primarily for their meat. Michigan ranks seventh in production of eggs with more than 18 million laying hens that produce 3,964 million eggs per year. There are eight farmers with 17 farms spread throughout Michigan. Egg production contributes approximately $163 million to the Michigan economy annually.

Seasonality
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, in 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 144
Hamilton, MI 49419
Phone: 517-372-5250
www.mipoultry.com
In 2015, the wholesale value of Michigan’s floriculture totaled $409 million, only behind California and Florida. Michigan’s floriculture industry is incredibly diverse. There were 556 floriculture producers in Michigan in 2015. Michigan leads the nation in nine floriculture crops, including impatiens, begonias, Easter lilies, geraniums, and petunias.

**Seasonality**

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
PO Box 278
Bath, MI 48808
Phone: 517-367-2033
Fax: 517-372-1501
www.mifgc.org
Michigan utilized 93,400 tons of grapes for production of wine and juice in 2016, with a total value of $30.2 million. Michigan has 13,100 acres of vines, making Michigan the eighth-largest grape producing state in the nation. About 3,050 of those acres are devoted to wine grapes, ranking Michigan the eighth-highest state for wine grape production in the nation.

Michigan has more than 100 commercial wineries producing more than 1.4 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.

Seasonality

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.

Grapes

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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)
PO Box 30017
Lansing, MI 48909-7517
Phone: 517-284-5733
Fax: 517-355-0950
www.michiganwines.com

National Grape Cooperative (juice grapes)
400 Walker Street
Lawton, MI 49065
Phone: 269-815-5241
www.welchs.com
Producers across Michigan gathered a total of 5.3 million pounds of honey in 2016, ranking Michigan eighth in the nation in honey production with a value of $12 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.

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

Nutrition
Vitamins B₆, 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
Since its commercial resurgence in approximately 2007, hops have become a fast-growing agricultural commodity in the state of Michigan. Starting with only a few acres and farmers, now there are more than 1,000 acres of hops and 50 farms in the state. Michigan is now the fourth-largest hop growing state in the United States, and ranks 14th in the world for hop production. Michigan’s latitude geographically is ideal for optimum growing conditions and allows for top quality hop production, leading to Michigan hops being sold and used in beer making all over the United States, and throughout many regions of the world.

**Seasonality**

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.

**Nutrition**

In ancient times, hops were used as a sedative and to control inflammation, diarrhea, and other muscle spasms. Many people have used hops to cure insomnia and anxiety. Hops have many antimicrobial and antibacterial properties.

**Contact**

Hop Growers of Michigan
PO Box 143
Goodrich, MI 48438
www.hopgrowersofmichigan.com
Maple Syrup

The production of pure maple syrup is the oldest agricultural enterprise in the United States. Forty gallons of maple sap are required to make one gallon of syrup, and maple syrup production in 2016 for Michigan was 90,000 gallons. Michigan is the seventh-largest maple syrup producing state.

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.

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
The Michigan nursery, perennial plant production, sod production, landscaping, and lawn care industries contribute $5.715 billion to Michigan’s economy. Nursery and perennial plant producers generate about $1.2 billion in annual sales and distribute their products to 35 states, Mexico, and Canada, making them the largest agriculture commodity group in Michigan and the fourth-largest nursery industry in the nation. The landscape and retail sectors in Michigan have an economic impact of $4.5 billion. Michigan grows a variety of nursery products such as hostas, sod, shrubs, fruit trees, flowering trees, seedlings, and other various perennials.
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 2015 was 79 million pounds. This yielded a total value of $10 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
PO Box 278
Bath, MI 48808
Phone: 517-372-1500
Fax: 517-372-1501
www.michiganonion.com
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 2016, Michigan produced more than 21.2 million pounds of peaches valued at more than $9.2 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 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, vitamin A, vitamin C, low sodium, and 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.michiganpeach.org
Plums

Michigan produced 450 tons of fresh and processed plums in 2015 totaling nearly $440,000. These were mostly of the Stanley, NY9, NY6, and Damson varieties. Damsons are small, have a tart flavor, and are used mainly for processing. Stanley’s, NY9, and Castleton are larger, elongated/round-shaped freestone, European-type plums with blue-black skin and yellow flesh used as both fresh and processing products.

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.

Contact

Michigan Tree Fruit Commission
63806 90th Avenue
Hartford, MI 49057
Phone: 269-424-3990
Fax: 269-424-3096
www.mihortssociety.org
In 2016, Michigan was home to more than 1.1 million hogs on more than 2,000 farms; the value of Michigan hogs and pigs was $308 million. The Michigan pork industry contributes more than $500 million to the state’s economy each year.

Over the last 50 years, the way Michigan pig farmers raise pigs has changed through advancements in technology, economics, and farming methods. Pig farmers have reduced water use by 41 percent, land use by 78 percent, and their carbon footprint by 35 percent. Yet one thing remains constant for farmers: their mission to produce safe, nutritious food in a responsible manner.
Potatoes

Potatoes are Michigan’s leading produce commodity, generating $178.7 million in farm gate sales in 2016 and nearly 2 billion pounds 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. 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
Poultry

The Michigan poultry industry raises chickens and turkeys for their meat. Michigan produces 6.2 million chicken broilers and 5.4 million turkeys per year. There are 19 chicken farms throughout Michigan; several of them are Amish farms. There are 17 turkey farmers with 53 turkey farms in the state, which all raise toms (males), mostly located in Ottawa County. The turkey industry has a total economic impact of $179 million.

Contact

Michigan Allied Poultry Industries
PO Box 144
Hamilton, MI 49419
Phone: 517-372-5250
www.mipoultry.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.
Pumpkins & Squash

In 2016, Michigan generated $9.8 million from the production of 79 million pounds of pumpkins. Michigan pumpkins are used for processing and jack-o-lanterns.

In 2016, Michigan produced 146 million pounds of squash for fresh or processed use, totaling $23.9 million.

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
PO Box 277
Erie, MI 48133
Phone: 734-848-8899
Fax: 734-848-8899
www.michiganvegetablecouncil.org
Snap Beans

Seasonality
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
PO Box 277
Erie, MI 48133
Phone: 734-848-8899
Fax: 734-848-8899
www.michiganvegetablecouncil.org

Michigan snap beans are grown in green, purple, and yellow varieties throughout the July through September season. Michigan produces fresh and processed snap beans.

In 2016, 19,300 acres were planted, with 18,400 harvested, amounting to a total value of $32.1 million. 25.4 million pounds of fresh beans totaling $15.1 million were sold. 70,650 tons were then processed for a total value of $17 million.

Snap beans are one of Michigan’s largest crops and are shipped all around the Midwest.
Soybeans

Seasonality
Soybeans are planted in spring and are harvested in late fall. Processed soyfoods can be consumed throughout the year.

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 replacement for meat as a source of protein in vegetarian diets.

Contact
Michigan Soybean Promotion Committee
PO Box 287
Frankenmuth, MI 48734
Phone: 989-652-3294
www.michigansoybean.org

Michigan produced 104 million bushels of soybeans in 2016; a value of $983 million. Soybeans are also Michigan’s top food export. In 2015, $448 million of Michigan soybeans were exported around the world.

Popular soybean products include soymilk, soy flour, soy protein, and tofu. Soybeans are processed for animal feed, human consumption, and industrial products.
**Seasonality**
Sugarbeet seeds are planted in the early spring and reach maturity in about six months. Harvesting begins in the fall, at which time processing the sugarbeets into pure granulated sugar begins.

**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
122 Uptown Drive, Suite 300
Bay City, MI 48708
Phone: 989-686-0161
Fax: 989-671-3719
www.michigansugar.com

Sugarbeets

In 2016, Michigan harvested nearly 160,000 acres of sugarbeets, totaling 4.9 million tons, and processed those sugarbeets into 1.1 billion pounds of sugar for a direct economic impact of approximately $500 million for the state of Michigan.

The process of growing sugarbeets begins in the early spring, when the crop is planted, and ends in the fall, when the beets are harvested. At the processing facilities, a series of separations extract the naturally-occurring sugar from the beet. The extraction process involves washing, slicing, diffusion, filtration, crystallization, drying, and cooling. The resulting sugar is then packaged into bags of various weights and shipped to grocery stores throughout the Midwest.
Sweet Corn

Michigan sweet corn is enjoyed throughout the state in several varieties. In 2016, Michigan produced 86 million pounds of sweet corn for the fresh market worth $21.8 million.

Seasonality
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
PO Box 277
Erie, MI 48133
Phone: 734-848-8899
Fax: 734-848-8899
www.michiganvegetablecouncil.org
Tomatoes

Michigan grows tomatoes for both fresh and processed uses. In 2016, Michigan produced 120,100 tons of tomatoes for processing and 74 million pounds of tomatoes for fresh market. The total value was $48.4 million.

Seasonality

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

Contact

Michigan Vegetable Council
PO Box 277
Erie, MI 48133
Phone: 734-848-8899
Fax: 734-848-8899
www.michiganvegetablecouncil.org
Wheat

Michigan farmers produced 50.7 million bushels of wheat in 2016 for a total economic impact of $210 million. More than 500,000 acres of wheat are planted a year in more than 50 of Michigan’s 83 counties. Huron, Sanilac, Tuscola, Lenawee, and Gratiot are Michigan’s top counties in regards to production of wheat.

Michigan harvests both red and white varieties of wheat, which are used for baked goods, cookies, crackers, and pastries.

Seasonality

Michigan farmers plant winter wheat. Both red and white wheat are planted in the fall and harvested the next summer. Processed or milled wheat can be consumed year-round.

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 2010 Dietary Guidelines recommend consumption of six one-ounce portions 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
www.miwheat.org
Kroger appreciates the opportunity to team up with Michigan farm families to bring customers high-quality products. Customers who purchase locally-grown produce and other Michigan-made products know they come from families who care. Thank you for your ongoing commitment.

www.kroger.com

For more than 100 years, GreenStone supports rural communities and agriculture with reliable, consistent credit and financial services with expert service, and serves 24,000 members from 36 branches throughout Michigan and northeast Wisconsin.

800-444-FARM (3276)
www.greenstonefcs.com
info@greenstonefcs.com

For more than 100 years, MSU Extension has helped grow Michigan’s economy by equipping Michigan residents with the information that they need to do their jobs better, raise healthy and safe families, build their communities, and empower our children to dream of a successful future.

www.msue.msu.edu
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