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 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 $96 billion annually to the 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
Phone: (517) 284-5767
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 forms.

**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

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**Apples**
Apples are one of the largest and most valuable fruit crops grown in Michigan. Michigan harvested 1.26 billion pounds of apples in 2013. There are more than 9.2 million apple trees in commercial production, covering 36,500 acres on 850 family-run farms. Orchards are trending to high-density planting (approximately 1,000 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 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.

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**Asparagus**
Michigan ranks third in the nation for asparagus production, producing up to 23 million pounds annually. In fact, in 2013 the Michigan asparagus production was valued at more than $18.6 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.

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**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 950
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
A 3-oz serving of beef is about 170 calories, on average, yet an excellent source of six nutrients (protein, zinc, selenium, niacin, vitamin B$_6$, and vitamin B$_12$), and is a good source of four nutrients (phosphorus, iron, riboflavin, and choline).

Contact
Michigan Beef Industry Commission
2145 University Park Dr., 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 1.1 million, of which 114,000 are beef cows and 381,000 are dairy cows. Cattle are raised in 80 of Michigan’s 83 counties on about 12,000 farms and ranches. In 2013, Michigan cattle and calves cash receipts totaled $541 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 perenially 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 leads the nation in growing these sweet, juicy, and plump little blue dynamos. In 2013, the state produced 114 million pounds of more than 30 mouth-watering varieties of highbush blueberries. More than half 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 produced on more than 21,000 acres. Michigan blueberries are grown, harvested, packed, and processed by 600 family farms annually, contributing nearly $122 million to the state’s economy.

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 2013, Michigan farmers across the state produced 77.3 million pounds of cabbage worth $11 million.

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 2013, Michigan produced 112 million pounds of fresh and processed carrots worth $72.8 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.

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 Dr. Suite A
PO Box 550
DeWitt, MI 48820
Phone: (517) 669-4250
Fax: (517) 669-4251

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

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 Dr. 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 2013, celery generated $20.4 million from 104 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.
PO Box 306
Hudsonville, MI 49426
Phone: (616) 669-1250
Fax: (616) 669-2890
www.michigancelery.com

Cherries
Michigan produces more cherries than any other state, including 70 to 75 percent of the tart cherries grown in the United States and 20 percent of the nation’s sweet cherries. In 2013, Michigan produced 22,900 tons of sweet cherries with a value of $20.6 million, and 218 million pounds of tart cherries with a value of $74 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, but processed tart and sweet cherries are available throughout the year in canned, frozen, dried, or juice form.

Nutrition
Tart 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 Escanaba Drive, Suite A
PO Box 550
DeWitt, MI 48820
Phone: (517) 669-4264
Fax: (517) 669-3354
www.choosecherries.com
Chestnuts

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 B$_1$, potassium, riboflavin B$_2$, 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 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 more than $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.

Contact
Michigan Christmas Tree Association PO Box 377 Howell, MI 48844-0377 Phone: (517) 545-9971 Toll free: (800) 589-TREE Fax: (517) 545-4501 www.mcta.org
At 2.6 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 Huron and Saginaw counties as Michigan’s largest producers. In 2013, Michigan produced 348.8 million bushels of corn grain, worth $1.4 billion.

**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.

**Contact**
Corn Marketing Program of Michigan
13750 S. Sedona Parkway, Suite 5
Lansing, MI 48906
Phone: (517) 688-2876
www.micorn.org

Michigan ranks first nationally in the production of cucumbers for pickling. In 2013, Michigan produced 162,400 tons of pickling cucumbers with a value of $37 million. In addition, the state produced 66.5 million pounds of cucumbers for the fresh market worth $14 million.

**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
PO Box 277
Erie, MI 48133
Phone: (734) 848-8899
Fax: (734) 848-8899
www.michiganvegetablecouncil.org
Michigan is home to 381,000 dairy cows and each cow produces around 24,116 pounds of milk per year. Michigan's dairy herds are ranked first in gross income per cow. Michigan is also ranked seventh in the nation for total production with a total of 9.2 billion pounds of milk in 2012; a value of $1.9 million. Dairy farms contribute $14.7 billion to the state’s economy and are concentrated in south central Michigan.

Seasonality
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: (800) 241-MILK (6455)
www.milkmeansmore.org

Nutrition
Michigan producers grow several classes of dry edible beans, including Azuki 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 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 2013, Michigan produced roughly 327 million pounds of dry edible beans with a value of $139 million.

Dry Edible Beans
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Seasonality
Dry edible beans are ready for harvest in late August through October and are available throughout the year in canned and dried package 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 St., Suite D
Frankenmuth, MI 48734
Phone: (989) 262-8550
www.michiganbean.org
In 2013, the wholesale value of Michigan’s floriculture totaled $376 million, only behind California and Florida. Michigan’s floriculture industry is incredibly diverse. There were 584 floriculture producers in Michigan in 2013. Michigan leads the nation in nine floriculture crops, including impatiens, begonias, Easter lilies, geraniums, and petunias.

**Floriculture**

In 2013, the wholesale value of Michigan’s floriculture totaled $376 million, only behind California and Florida. Michigan’s floriculture industry is incredibly diverse. There were 584 floriculture producers in Michigan in 2013. Michigan leads the nation in nine floriculture crops, including impatiens, begonias, Easter lilies, geraniums, and petunias.

**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) 385-0950
www.michiganwines.com

**National Grape Cooperative (juice grapes)**
400 Walker St.
Lawton, MI 49065
Phone: (269) 815-5241
www.welchs.com

**Seasonality**

Michigan utilizes 94,400 tons of grapes for production of wine and juice in 2011, with a total value of $31.5 million. Michigan has 15,000 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 1.4 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.

**Grapes**

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PO Box 30017
Lansing, MI 48909-7517
Phone: (517) 284-5733
Fax: (517) 385-0950
www.michiganwines.com

**National Grape Cooperative (juice grapes)**
400 Walker St.
Lawton, MI 49065
Phone: (269) 815-5241
www.welchs.com

**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.

**Floriculture**

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 Floriculture Growers Council**
235 N. Pine St.
Lansing, MI 48933
Phone: (517) 367-2033
Fax: (517) 372-1501
www.mifgc.org

**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 Floriculture Growers Council**
235 N. Pine St.
Lansing, MI 48933
Phone: (517) 367-2033
Fax: (517) 372-1501
www.mifgc.org

**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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**Michigan Grape and Wine Industry Council (wine grapes)**
PO Box 30017
Lansing, MI 48909-7517
Phone: (517) 284-5733
Fax: (517) 385-0950
www.michiganwines.com

**National Grape Cooperative (juice grapes)**
400 Walker St.
Lawton, MI 49065
Phone: (269) 815-5241
www.welchs.com
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.

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 Associates
Phone: (616) 754-9652
www.miherb.org

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
Phone: (248) 921-6601
www.michiganbees.org
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 2013 for Michigan was 148,000 gallons. Michigan is the sixth-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

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. In 2013, Michigan produced 161,000 pounds of spearmint and peppermint oil. The value was $3.3 million.

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 Associates
Phone: (616) 754-9652
www.miherb.org
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.

Nursery Products

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 2013 was 81 million pounds. This yielded a total value of $11 million.

Onions

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
PO Box 550
DeWitt, MI 48820
Phone: (517) 669-4250
Fax: (517) 669-4251

Contact

Michigan Nursery and Landscape Association
2149 Commons Parkway
Okemos, MI 48864
Phone: (517) 381-0437
Fax: (517) 381-0638
www.mnla.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 2010, Michigan produced more than 28 million pounds of peaches valued at more than $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 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 healthful 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 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.

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 Ave.
Hartford, MI 49057
Phone: (269) 424-3990
Fax: (269) 424-3096
www.mihortsociety.org
Pork

In 2013, Michigan was home to more than one million hogs and more than 2,000 pig farms across the state. The value of Michigan hogs and pigs was $4.8 million in 2012. The Michigan pork industry contributes over $500 million to the state's economy each year. There are many different cuts of pork including bacon, ham, and pork chops.

Nutrition

Pork is an excellent source of thiamin, niacin, riboflavin, vitamin B6, 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.com

Potatoes

In volume and sales, potatoes are Michigan's leading produce commodity generating $207.6 million in farm gate sales in 2013 and 17.2 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.

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 Rd., 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 and eggs. Currently, the values of poultry and egg sales in Michigan have reached $600 million. Michigan is ranked 14th in the United States for turkey production with 5.4 million turkeys in 2013. The vast majority of these turkeys, 70 percent, are raised in Ottawa County. Michigan also produces approximately 3.8 million chickens with most broilers raised in the south central portion of the state. Michigan ranks ninth in production of eggs with more than 12 million laying hens that produce 264 million dozen eggs per year. Nearly all egg farms are on the west side of the state with one in the thumb area.

Nutrition
Chicken, turkey, and eggs are lean, low-fat foods packed with protein. Eggs contain the highest quality protein of any food and have important vitamins and nutrients. 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 Industry
235 N. Pine St.
Lansing, MI 48933
Phone: (517) 372-5200
www.mipoultry.com

Pumpkins & Squash

In 2013, Michigan pumpkins generated $11.2 million from the production of 97.8 million pounds. Michigan pumpkins are used for processing and jack-o-lanterns. In 2013, Michigan produced 122 million pounds of squash for fresh or processed use, totaling $17.7 million.

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.michiganvegetablesouncil.org

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.

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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.michiganvegetablesouncil.org
**Soybeans**

Michigan produced 83 million bushels of soybeans in 2013; a value of $1 billion. Soybeans are also Michigan’s top food export. In 2012, $803 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**
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

**Sweet Corn**

Michigan sweet corn is enjoyed throughout the state in several varieties. In 2013, Michigan produced 90 million pounds of sweet corn for the fresh market, worth $23.4 million.

**Seasonality**
Fresh Michigan sweet corn is available July through September.

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

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Wheat

Michigan farmers produced 45 million bushels of wheat in 2013 for a total economic impact of $301 million. More than 500,000 acres of wheat are planted a year in 50 of Michigan’s 83 counties. Huron, Sanilac, Lenawee, Tuscola, and Saginaw are Michigan’s top counties in regard to production of wheat. Michigan harvests both red and white varieties of wheat, which are used for baked goods, cookies, crackers, and pastries.

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) 625-8432
www.miwheat.org
Kroger

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.

Contact
Kroger Co.
www.kroger.com

GreenStone Farm Credit Services

GreenStone is one of America’s largest rural lenders. With nearly 100 years of expert service, GreenStone serves nearly 24,000 members from 36 branches throughout Michigan and northeast Wisconsin. It is GreenStone’s mission to promote the business success of our members by being the best at providing credit and financial products to support food, fuel, and fiber production.

Contact
GreenStone Farm Credit Services
(800) 444-FARM (3276)
www.greenstonefcs.com
info@greenstonefcs.com
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