

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.

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.



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 Be, 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

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.

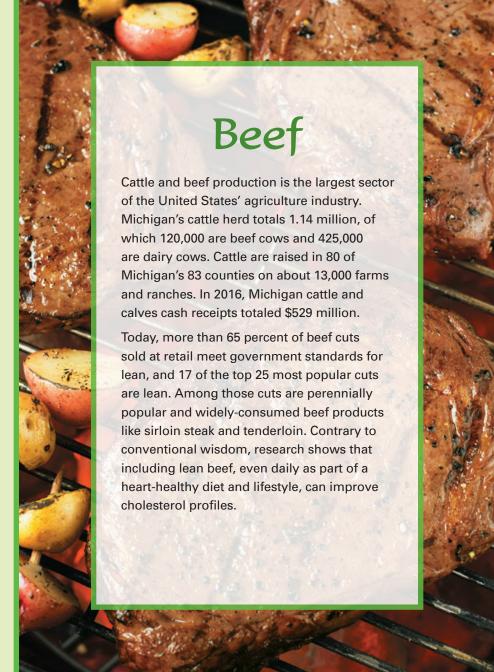
Nutrition

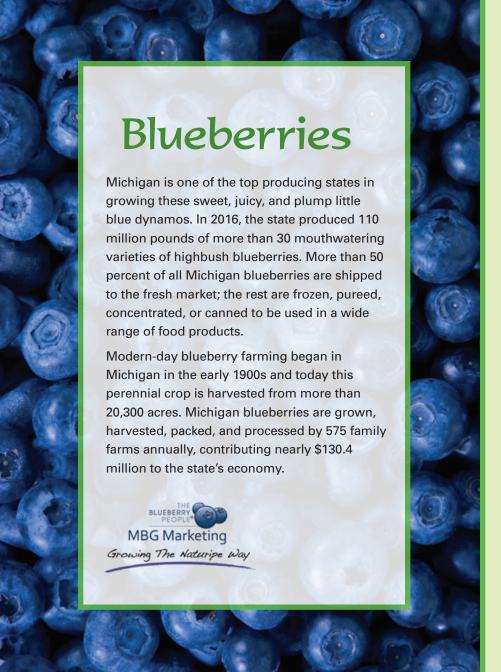
Beef provides big nutrient power in a small package. A 3-ounce serving of lean beef contributes less than 10 percent of calories to a 2,000-calorie diet, yet it supplies more than 10 percent of the daily value for 10 essential nutrients including 48 percent of the protein that most people need each day!

Contact

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







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

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

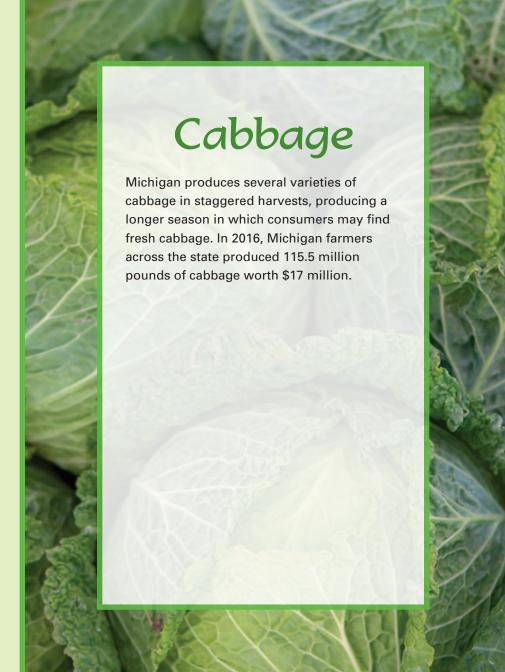
Nutrition

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 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

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

Nutrition

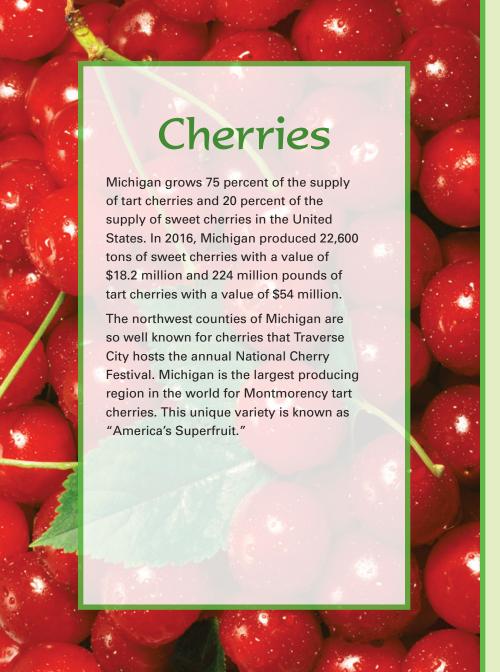
Celery is a great source for vitamin C, potassium, and dietary fiber while being very low in calories and cholesterol.

Contact

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

Celery

Michigan's celery production began in Kalamazoo County. Today, the majority of Michigan's celery is still grown in the southwest counties of the state. In 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.



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



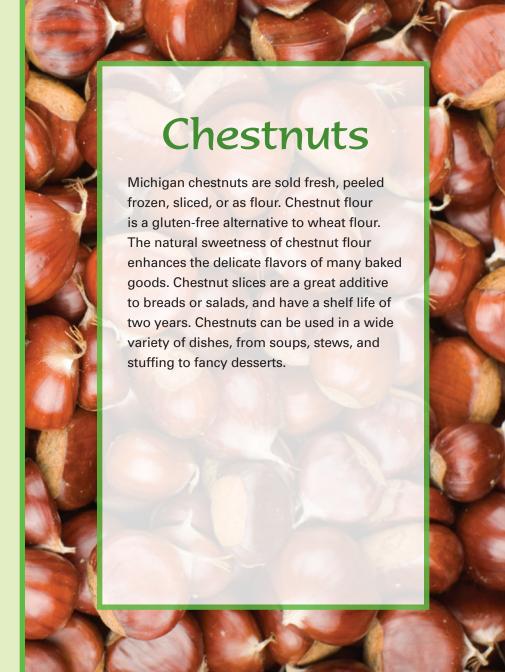
Michigan chestnuts are available in their fresh form from October through December, while peeled frozen and peeled dehydrated chestnuts are found throughout the year.

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





Contact

Michigan Christmas Tree Association PO Box 252

Durand, MI 48429-0252 Phone: 517-545-9971

Toll-free: 800-589-TREE (8733)

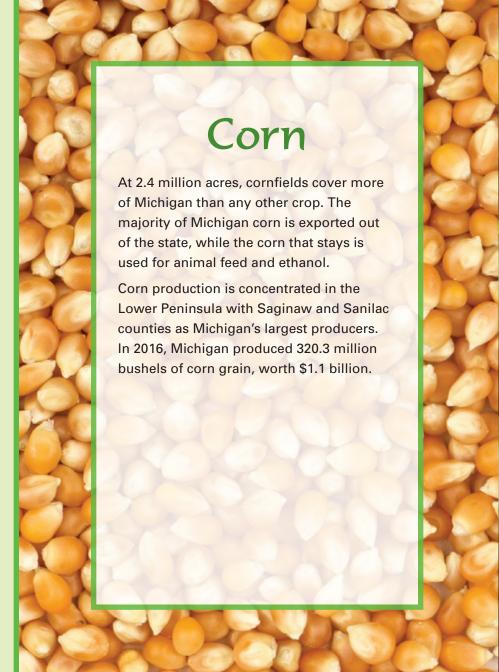
Fax: 517-545-4501 www.mcta.org

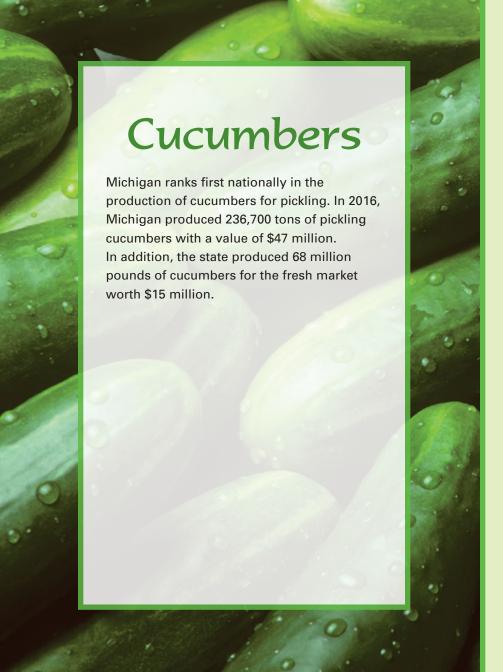
Corn is planted in spring and harvested in the fall, starting in October and lasting until November. Processed corn may be consumed throughout the year.

Contact

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







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. michigan vegetable council.org

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

Nutrition

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

Contact

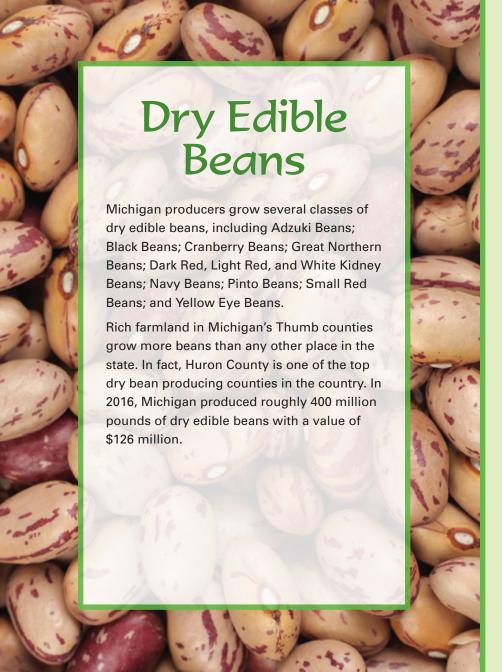
United Dairy Industry of Michigan 2163 Jolly Road Okemos, MI 48864 Phone: 800-241-MILK (6455) www.milkmeansmore.org



Dairy

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 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 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



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.



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 Greenhouse Growers Council

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

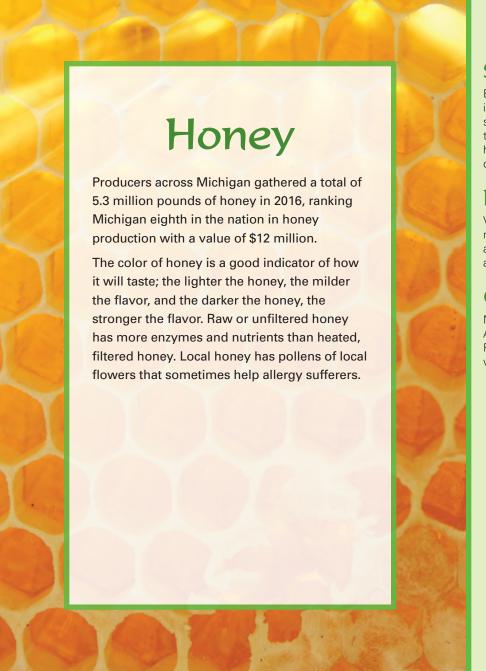
National Grape Cooperative (juice grapes) 400 Walker Street Lawton, MI 49065 Phone: 269-815-5241 www.welchs.com



Grapes

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.



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

Nutrition

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

Contact

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

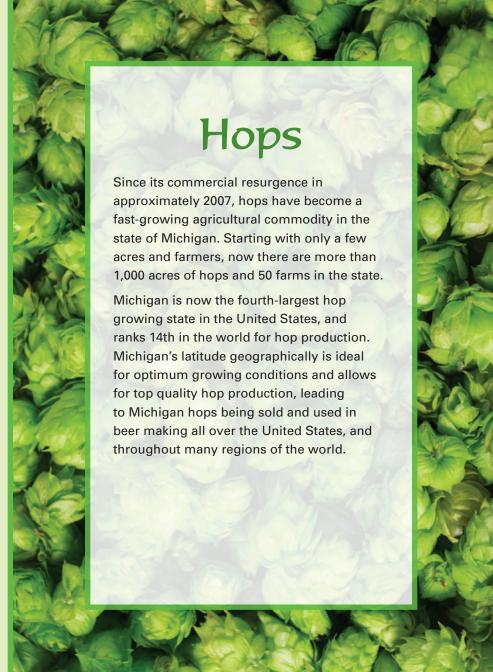
Hops are a perennial crop that are harvested once each year between early August and late September. More than 20 different varieties of hops are grown commercially in the state.

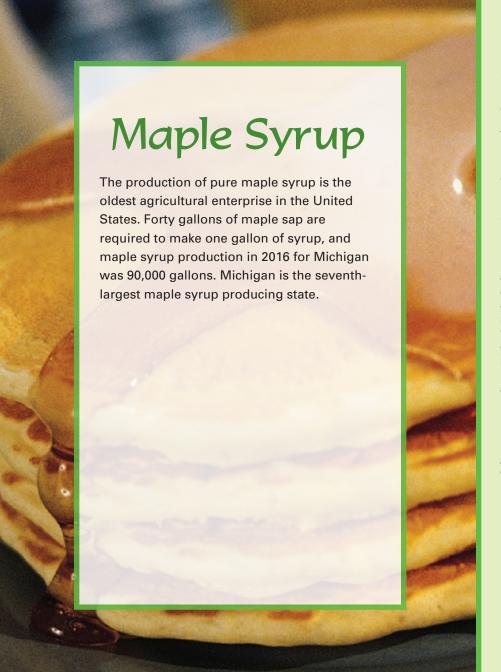
Nutrition

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 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.

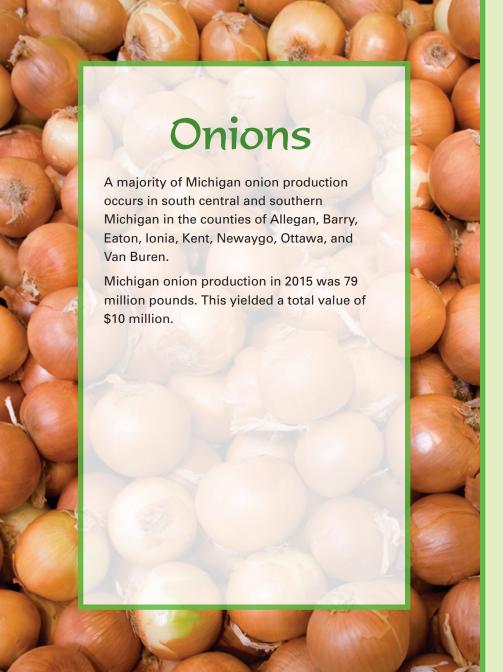
Contact

Michigan Maple Syrup Association www.mi-maplesyrup.com

Contact

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





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: 517-372-1500 www.michiganonion.com

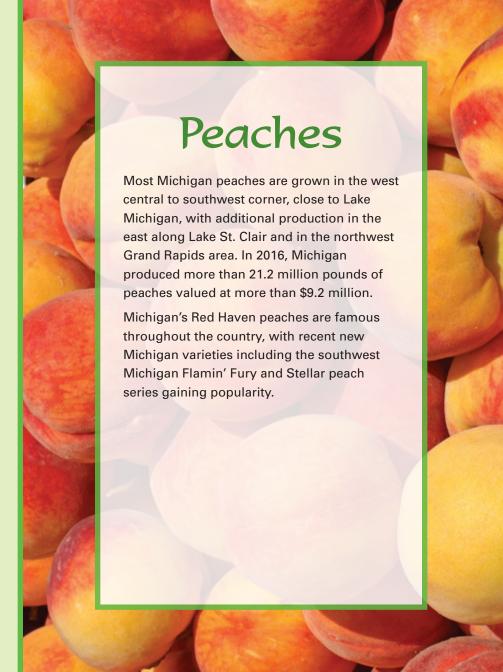
Fresh peaches are available from early July through mid-September, but processed peaches are available throughout the year.

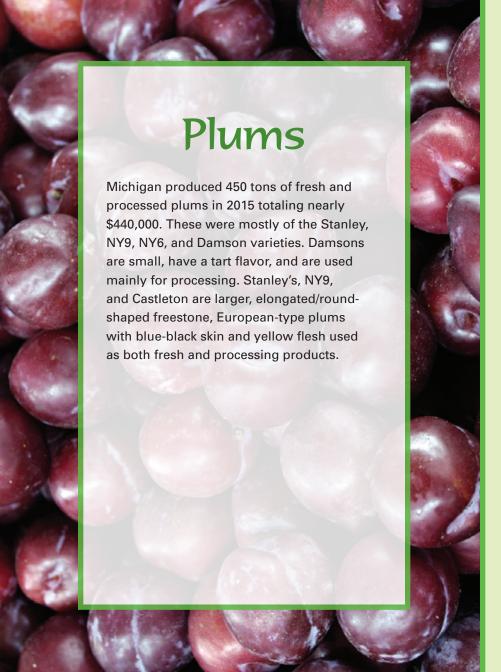
Nutrition

Peaches are a tasty treat with modest calories, a good source of potassium, 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





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.mihortsociety.org

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

Nutrition

Pork is an excellent source of thiamin, niacin, riboflavin, vitamin B₆, phosphorous, protein, zinc, and potassium.

The healthiest cuts of pork are loin roast, tenderloin, chop, and Canadian-style bacon.

Contact

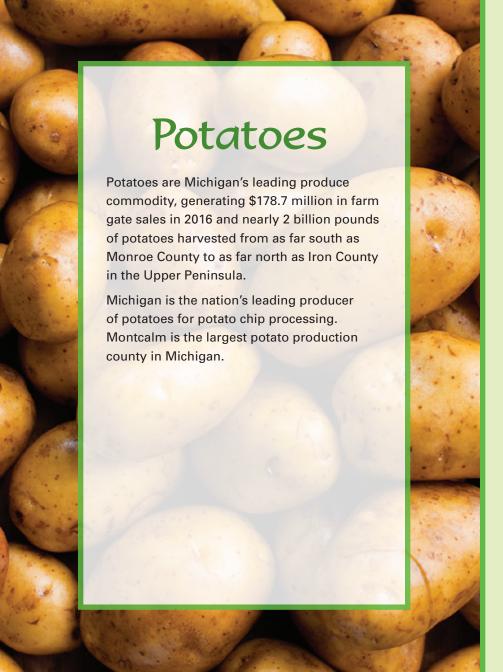
Michigan Pork Producers
Association
3515 West Road, Suite B
East Lansing, MI 48823
Phone: 517-853-3782
www.mipork.com



Pork

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.



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

Nutrition

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

Contact

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



Nutrition

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

Contact

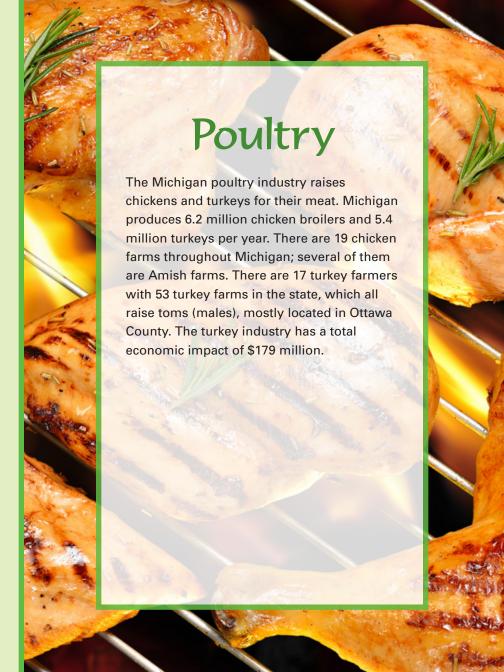
Michigan Allied Poultry Industries PO Box 144 Hamilton, MI 49419 Phone: 517-372-5250 www.mipoultry.com

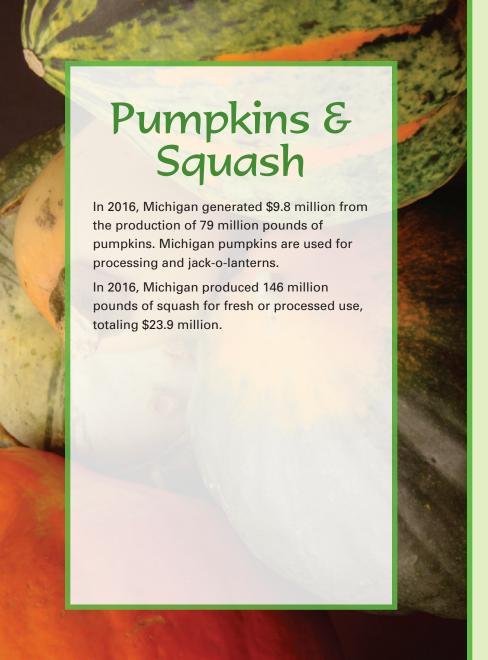






MICHIGAN ALLIED POULTRY INDUSTRIES





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

Nutrition

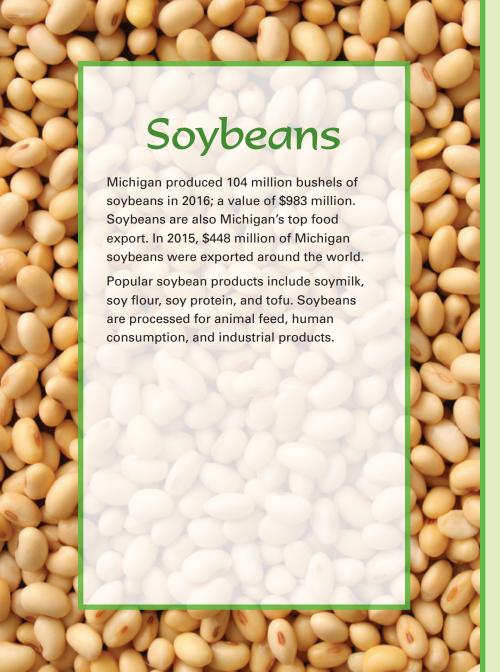
Snap beans are typically harvested while still in their pods, but can be eaten out of the pods. Snap beans are rich in vitamins, containing vitamins A, C, and K. Snap beans are a great source of micronutrients such as iron and potassium and contain trace amounts of protein.

Contact

Michigan Vegetable Council PO Box 277 Erie, MI 48133 Phone: 734-848-8899 Fax: 734-848-8899

www.michiganvegetablecouncil.org





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



Soybean Promotion Committee www.michigansoybean.org

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

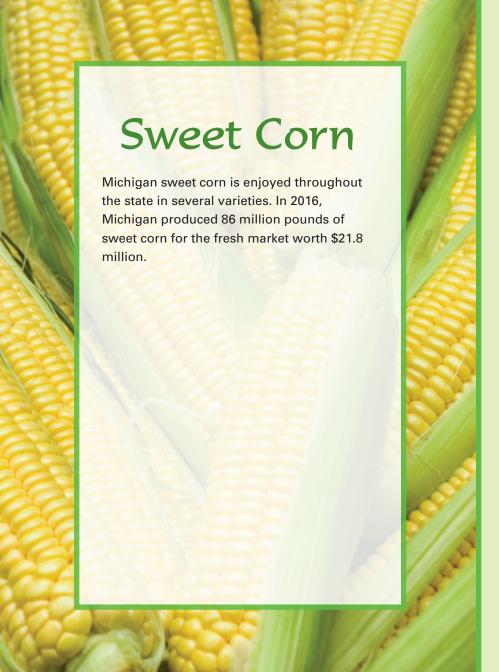
The sugar extracted from sugarbeets has 15 calories per teaspoon with zero grams of fat. Sugar is used to make baked goods, cereals, yogurt, and many other sweet treats.

Contact

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







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

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

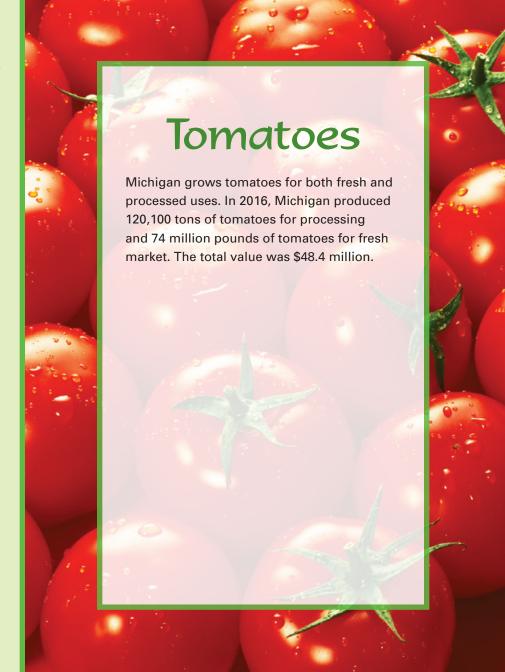
Nutrition

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

Sponsors



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.

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Michigan Allied Poultry Industries, Inc.



Michigan Apple Committee



Michigan Bean Commission



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Michigan Greenhouse Growers Council



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



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