

EAT MICHIGAN-GROWN PRODUCE IN EVERY SEASON!

Carry this guide somewhere handy. Check it when you're at the store, farmer's market, or eating out so that you can support Michigan farmers all year long!



BUYING LOCAL PRODUCE FEELS GOOD. (And tastes great!)
Keep this list handy to help you find Michigan-grown produce year-round!

What do the symbols mean?

The symbols show whether a food is in its peak season, extended season, or available through storage methods. All of these are great options for enjoying Michigan-grown produce.

Peak Season

The time of year when this produce is most available field fresh.

Extended Season

This produce is available earlier or later than its usual season thanks to methods like hoophouses, greenhouses, hydroponics, etc.

Storage

This produce has been stored in controlled conditions so that it can be enjoyed long after peak season.

FRUIT

Winter

- Apples
- Pears

Spring

- Rhubarb
- Strawberries
- Apples
- Pears

Early Summer

- Apricots
- Blackberries
- Cherries, Tart
- Cherries, Sweet
- Raspberries
- Strawberries

Mid-Late Summer

- Apples
- Apricots
- Blackberries
- Blueberries
- Cantaloupe
- Grapes
- Honeydew Melon
- Nectarines
- Peaches
- Pears
- Plums
- Raspberries
- Watermelon

Fall

- Apples
- Cranberries
- Grapes
- Raspberries
- Strawberries
- Apples
- Pears

HERBS

Winter

- Chives
- Cilantro
- Dill
- Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Thyme

Spring

- Chives
- Cilantro
- Dill
- Mint
- Oregano
- Sage
- Thyme
- Basil
- Parsley
- Rosemary

Summer

- Basil
- Chives
- Cilantro
- Dill
- Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Thyme

Fall

- Mint
- Oregano
- Rosemary
- Sage
- Thyme
- Chives
- Cilantro
- Dill
- Parsley

TO USE YOUR GUIDE:

- Print your guide. For best results, select "Actual size" in your print settings.
- Cut along outer line.
- Fold in half along the dotted line **(A)**.
- Fold like an accordion along the other dotted lines so that "Michigan Guide to What's in Season Now" is the front panel.

MSU Center for Regional Food Systems

foodsystems.msu.edu/in-season

foodsystems.msu.edu/in-season

MSU Center for Regional Food Systems

Availability may vary by local production, variety, and with weather conditions. Michigan's Upper Peninsula may be up to two weeks behind what is listed here.

- Peak Season**
- Arugula
 - Asparagus
 - Beets
 - Bok Choy*
 - Broccoli
 - Cabbage
 - Cauliflower
 - Celery
 - Corn, Sweet
 - Cucumbers
 - Eggplant
 - Garlic
 - Greens, Beet
 - Greens, Chard
 - Greens, Collard
 - Kale
 - Kohlrabi
 - Leeks
 - Mustard & Turnip*
 - Onions, Mature
 - Onions, Green/
 - Parsnips
 - Potatoes
 - Radishes
 - Spinach
 - Squash, Summer
 - String Beans
 - Tomatoes
 - Turnips
- Extended Season**
- Arugula
 - Asparagus
 - Beets
 - Bok Choy*
 - Broccoli
 - Cabbage
 - Cauliflower
 - Celery
 - Corn, Sweet
 - Cucumbers
 - Eggplant
 - Garlic
 - Greens, Beet
 - Greens, Chard
 - Greens, Collard
 - Kale
 - Kohlrabi
 - Leeks
 - Mustard & Turnip*
 - Onions, Mature
 - Onions, Green/
 - Parsnips
 - Potatoes
 - Radishes
 - Spinach
 - Squash, Summer
 - String Beans
 - Tomatoes
 - Turnips
- Storage**
- Arugula
 - Asparagus
 - Beets
 - Bok Choy*
 - Broccoli
 - Cabbage
 - Cauliflower
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MICHIGAN STATE UNIVERSITY Center for Regional Food Systems

- Peak Season**
- Arugula
 - Asparagus
 - Beets
 - Brussels Sprouts
 - Cabbage
 - Carrots
 - Cauliflower
 - Celery
 - Kohlrabi
 - Leeks
 - Microgreens
 - Mushrooms
 - Onions, Green/
 - Parsnips
 - Potatoes
 - Pumpkins
 - Rutabaga
 - Spinach
 - Squash, Winter
 - Turnips
- Extended Season**
- Arugula
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FALL SEPT-NOV

SUMMER JUN-AUG

SPRING MAR-MAY

WINTER DEC-FEB

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