Center for Regional Food Systems

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	FRUIT	HERBS
WGAN GV.	FEELS GOOD. (And tastes great!) Keep this list handy to help you find Michigan-grown produce year-round!	Winter ☐ Apples ☐ Pears Spring	Winter ◆ Chives
WHAT'S IN SEASON NOW	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	Spring Rhubarb	Cilantro Dill Parsley Thyme Spring Chives Cliantro Cliantro Dill Mint Summer Basil Chives Dill Mint Summer Basil Chives Oregano Thyme Sage Thyme Sage Thyme Cilantro Dill Rosemary Fall Mint Chives Cilantro Dill Rosemary Dill Parsley Dill Achives Cilantro Dill Parsley Dill Parsley Thyme Cilantro Parsley Dill Parsley Thyme Parsley Thyme
MICHIGAN STATE UNIVERSITY Center for Regional Food Systems	conditions so that it can be enjoyed long after peak season.	MSU Center for Regional Food Systems	foodsystems.msu.edu/in-season
	Storage	noseəs-ni/ubə.usm.zməវsyzbooî	MSU Center for Regional Food Systems
Storage Storage Beans, Dry Potatoes Carlic Potatoes Chions, Mature	Extended Season A krugula Greens, Asian Greens, Kale Greens, Salad Greens, Salad		Availability may vary by local production, variety, and v Michigan's Upper Penninsula may be up to two weeks
★ Krugula ★ Arugula ★ Beets ← Carrots ← Ceens, Asian ← Greens, Collard ← Greens, Beet, ← Greens, Beet, ← Greens, Beet, ← Greens, Salad ← Greens, Salad	Cucumbers Peppers, Hot Cucumbers Peppers, Hot Eggplant Peppers, Sweet Garlic Greens, Beet, Squishest Greens, Chard Squash, Summer Greens, Chard String Beans Greens, Collard Kohlrabi String Beans Leeks	Extended Season ♦ Bok Choy ♦ Carrots ♦ Carrots ♦ Carrots ♦ Careens, Chard □ Beets □ Beets □ Beets □ Beens, Dry □ Beets □ Squash, Winter	Storage Beans, Dry Onions, Mature Beets Persnips Potatoes Brussels Sprouts Potatoes Cahoage Pumpkin Carrots Rutabaga Garlic Squash, Winter Garlic Squash, Winter Leeks
Peak Season Beets Brussels Sprouts Cabbage Carrots Cauliflower Cauliflower Kohlrabi Leeks Turnips	Peak Season *Available early summer Asparagus* Lettuce* Microgreens Mecrogreens Morcogreens Morcogreens Morcogli Onions, Green Cabbage Scallions* Onions, Mature Cauliflower Parsnips Onions, Mature Calliflower Parsnips Onions, Mature P	Peak Season A Varugula A Sparagus Greens, Asian Greens, Collard Greens, Beet, Greens, Beet, Greens, Salad Lettuce	★ Kale ★ Arugula ★ Beets ★ Cheens, Chard ★ Creens, Collard ★ Greens, Gollard ★ Greens, Beet, ★ Greens, Gollard ★ Golla
FALL SEPT-NOV	SUMMER JUN-AUG	YAM-AAM DINGS	VEGETABLES WINTER DEC-FEB

TO USE YOUR GUIDE:

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