

SEASONALITY



SOME FOODS HAVE A SHORT SEASON

Many Michigan fruits and some vegetables are only available in fresh form for a short time during the year. These include asparagus, green beans, broccoli, Brussels sprouts, cauliflower, sweet corn, cucumbers, eggplant, kohlrabi, peas, pumpkins, zucchini, summer squash, tomatoes, blackberries, blueberries, melons, cherries, cranberries, peaches, raspberries, rhubarb and strawberries.

SOME FOODS ARE AVAILABLE ALL OR MOST OF THE SCHOOL YEAR

Some Michigan foods are available in fresh form for all or most of the school year, including carrots, garlic, leeks, mushrooms, potatoes, onions, parsnips, potatoes, winter squash, sweet potatoes, turnips and apples.

Other items are available in fresh form for all or most of the school year in some areas of Michigan from farmers that have hoophouses. These include green onions, spinach, fresh herbs, arugula, Asian greens, beets, Swiss chard and beet greens, kale, other greens, spring onions, radishes and salad greens.

Summer food service has even more fresh items available for the extent of the program. These include green beans, broccoli, cauliflower, Romanesco, cucumbers, eggplant, peppers and tomatoes.



MICHIGAN PRODUCE AVAILABILITY

CROP	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Arugula												
Asian Greens (Mizuna, Pac Choi, Tatsoi, etc.)												
Asparagus												
Beans, Fresh (Green or Wax)												
Edamame (Green Soybeans)												
Beets												
Broccoli												
Brussel Sprouts												
Cabbage												
Carrots												
Cauliflower (inc. Romanesco)												
Celery												
Chard and Beet Greens												
Corn												
Cucumbers												
Eggplant												
Garlic												
Greens (Beet, Collard, Mustard, Turnip)												
Kale												
Kohlrabi												
Lettuce (Leaf, Iceberg, Romaine, Bibb, etc.)												

WHAT DO THE DIFFERENT COLORS MEAN?

- **YELLOW** indicates "extended season," which also means the crop is harvested and sold shortly thereafter. It also means techniques were used that allowed the plants to grow when they normally would not grow outdoors in Michigan. One popular technique is to grow the plants in a hoophouse, or high tunnel. Unlike greenhouses, hoophouses do not require electricity or gas for heat. Using only the sun's light beaming down through the clear plastic tunnels, hoophouses produce a warm, protected environment for plants to thrive during the colder months.
- **PURPLE** indicates "storage," which means the fruit or vegetable was harvested and then placed in a climate-controlled storage environment to keep the food fresh until it is ready to be sold. Many root crops, apples and winter squash can be kept fresh in storage for months given the correct conditions.
- **GREEN** indicates "field fresh," meaning the crop is harvested and sold shortly thereafter.

CROP	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Leeks												
Mushrooms, Fresh												
Onions, Spring												
Onions, Mature												
Parsnips												
Peas, Peapods & Shelling												
Peppers, Hot & Sweet												
Potatoes												
Pumpkins												
Radishes												
Rutabaga												
Salad Greens (Mesclun, Baby Greens, etc.)												
Scallions/Green Onions												
Spinach												
Sprouts (Alfalfa, Bean, etc.)												
Squash, Summer												
Squash, Winter												
Sweet Potatoes												
Tomatoes												
Turnips												
Basil												
Chives												
Cilantro												
Dill												
Mint & Oregano												
Parsley												
Rosemary												
Sage & Thyme												
Apples												
Apricots												
Blackberries												
Blueberries												
Cantaloupe, Honeydew												
Cherries, Tart												
Cherries, Sweet												
Cranberries												
Grapes												
Nectarines												
Peaches												
Pears												
Plums												
Raspberries												
Rhubarb												
Strawberries												
Watermelon												

SOURCE: Adapted from the MSU Center for Regional Food Systems Michigan Produce Availability Chart. Availability may vary based on variety and weather conditions.



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