

# Sourcing Guide



[cultivatemichigan.org](http://cultivatemichigan.org)

Supply, source, and serve local food



Welcome to the Cultivate Michigan Sourcing Guide! **Cultivate Michigan** is a local food purchasing and tracking campaign and a project of the **Michigan Farm to Institution Network**, a space for learning, sharing and working together to help farm to institution programs grow. We aim to meet the Michigan Good Food Charter goal of 20% Michigan food to institutions by 2020.

Each year since 2014, we have featured four Michigan foods to help institutional food service professionals plan for the seasons and promote these foods to eaters. Each featured food has been accompanied by a product guide that provides information to source these featured foods from food hubs and specialty and broadline (full-service) distributors. All of the previous sourcing information has been compiled into this one handy guide, which will be updated as we continue to feature new foods through 2019. Information listed on the pages that follow will help you find and buy more Michigan foods for your institutional food service program.

### ***Looking to connect with local farmers and suppliers?***

Use the lists of local farmer resources and food hubs to link directly to suppliers of local food products.

---

### ***Looking for a specific featured food product?***

Use the product information for each of the seasonal featured foods to source more Michigan foods from your current (or future) distributors and vendors. The product sourcing information is organized by season, and then by featured food in alphabetical order.

Next, check out our companion Cultivate Michigan Recipe Book to find tested institutional-scale recipes to prepare and serve them to your customers. Finally, promote these products in your cafeterias and kitchens with our promotional materials. Institutional food service programs that are **Cultivate Michigan members** will receive free printed promotional materials by mail, so sign up and watch our statewide progress grow!

## RESOURCES FOR FARM TO INSTITUTION SUPPORT

---



Michigan State University Center for Regional Food Systems [foodsystems.msu.edu](http://foodsystems.msu.edu)



Michigan State University Extension  
Locate your county MSU Extension office. [msue.msu.edu](http://msue.msu.edu)



Ecology Center  
[ecocenter.org/food-systems](http://ecocenter.org/food-systems)

## RESOURCES FOR LINKING WITH LOCAL FARMERS

---

Below is a list of statewide and regional resources to help you connect with local Michigan farmers who may be able to supply you directly with Cultivate Michigan featured foods.

### Statewide Resources

#### Local Harvest

Locate farmers markets, family farms, community supported agriculture (CSA) and other sources of sustainably produced food.  
[localharvest.org](http://localharvest.org)

#### Michigan MarketMaker

This interactive mapping system links producers and consumers in Michigan.  
[mi.foodmarketmaker.com](http://mi.foodmarketmaker.com)

#### Michigan Farmers Market Association

Find the locations of farmers markets across the state.  
[mifma.org/findafarmersmarket/](http://mifma.org/findafarmersmarket/)

#### Michigan Food and Farming Systems (MIFFS)

MIFFS connects beginning and historically underserved farmers to resource opportunities.  
[miffs.org](http://miffs.org)

#### Natural Resources Conservation Service

This site provides a listing of county and state service offices.  
[1.usa.gov/1kMidud](http://1.usa.gov/1kMidud)

#### Michigan Food Hub Learning and Innovation Network

Food hubs are centrally located facilities that aggregate, store, process, distribute and/or market locally or regionally produced food.  
[foodsystems.msu.edu](http://foodsystems.msu.edu)

#### Michigan Farm Bureau

Locate the local Michigan Farm Bureau office in your county.  
[michfb.comMI/mfb/countyfarmbureaumap.aspx](http://michfb.comMI/mfb/countyfarmbureaumap.aspx)

#### Michigan Agricultural and Commodity Organizations

The Michigan Agricultural Commodity directory lists the locations of and contacts for the agricultural commodity organizations in Michigan (updated June 2017).  
[michigan.gov](http://michigan.gov)

#### Michigan Organic Food and Farming Alliance (MOFFA)

Visit this site to download MOFFA's Guide to Michigan's Organic and Ecologically Sustainable Growers and Farms.  
[moffa.net/farm-guide.html](http://moffa.net/farm-guide.html)

#### Certified Naturally Grown

This site provides a current list of certified small-scale, direct-to-market farmers and beekeepers who use natural growing and harvesting methods in Michigan.  
[certified.naturallygrown.org/producers/list/227/MI](http://certified.naturallygrown.org/producers/list/227/MI)

#### Taste the Local Difference

TLD serves the state of Michigan with online local food and farm guides.  
[localdifference.org](http://localdifference.org)

# Regional Food Hubs and Specialty Distributors

These companies tend to distribute food regionally and can provide Michigan products to institutions located in their respective areas. Contact each supplier directly to find out about their specific delivery area and product availability.

## ***Allen Market Place (Lansing)***

With more than 60 farms and food producers registered, the Exchange at Allen Market Place offers a full range of food products. Orders placed by 7 p.m. on Monday are fulfilled by Wednesday afternoon the same week. Questions about current product availability or purchasing should be directed to the Exchange Manager at 517.999.3923 or [exchange@allenneighborhoodcenter.org](mailto:exchange@allenneighborhoodcenter.org).

## ***Atlas Wholesale Food Company (Detroit)***

Atlas is a broadline food service distributor that has been based in the city of Detroit for more than 67 years. Atlas's locally owned and operated fleet of trucks distributes to restaurants, institutions and Head Start programs in southeast Michigan. Contact Atlas at [Sales@AtlasWFC.com](mailto:Sales@AtlasWFC.com) for more information.

## ***Cherry Capital Foods (Statewide)***

Cherry Capital Foods distributes only Michigan-made and produced products within the state of Michigan. Please call 231.943.5010 ext. 1 or email [sales@cherrycapitalfoods.com](mailto:sales@cherrycapitalfoods.com) (include subject line "Farm to Institution") for more pricing/purchasing information. Join the Cherry Capital Foods mailing list for up-to-date product information at [cherrycapitalfoods.com](http://cherrycapitalfoods.com).

## ***Coastal Produce***

Locally owned and operated, Coastal Produce is located in Detroit and delivers fruits, vegetables, dairy, frozen foods, spices and processed foods throughout Michigan and Northern Ohio. Coastal Produce purchases all local produce when in season. Please call 877.291.8304 or visit [coastalproduce.net](http://coastalproduce.net) for detailed product and ordering information. For up-to-date product information and pricing, please call or email Katy Armstrong at 586.648.6141 or [katy48047@yahoo.com](mailto:katy48047@yahoo.com).

## ***Frog Holler Produce***

Frog Holler is a chef-driven produce distributor providing farm-fresh fruits and vegetables daily. Please call 734.663.5067 for pricing/purchasing information or visit [froghollerproduce.com](http://froghollerproduce.com) for more details. Frog Holler is able to source many products in addition to those listed.

## ***Grazing Fields***

Grazing Fields is a Michigan multi-farm cooperative and wholesaler of natural, free-range brown eggs that has been delivering farm fresh, local products to southeast and mid-Michigan markets every week since 1997. Grazing Fields supports small- and medium-sized farms throughout the region, helping to grow the local economy. Email [orders@GrazingFields.org](mailto:orders@GrazingFields.org) or call 517.231.2240 to place orders.

## ***GROW Eastern Market***

As Detroit's locavore wholesale connection, GROW Eastern Market supplies locally grown and harvested fresh foods from Michigan farms, delivered to their loading docks, and then to your chef's door. Learn more at [growseasternmarket.com](http://growseasternmarket.com). For up-to-date product lists, prices and to order, email [gem@easternmarket.org](mailto:gem@easternmarket.org).

# Regional Food Hubs and Specialty Distributors

## What is a Food Hub?

As defined by the USDA Agricultural Marketing Service, food hubs are centrally located facilities with a business management structure facilitating the aggregation, processing, distribution, and/or marketing of locally/regionally food products.

## ***LaGrasso Brothers Produce***

This wholesale food service and fresh product distributor is based in southeast Michigan. Contact Tom LaGrasso III at 313.579.1455 for more information and to order.

## ***Lumetta Produce***

Lumetta Produce is located in Madison Heights and features a variety of Michigan foods. Please contact Sam Lumetta for more information at 248.616.1900 or visit [lumettaproduce.com](http://lumettaproduce.com).

## ***Pearson Foods Corporation (Grand Rapids)***

Pearson Foods is a processor and distributor that sources, sells and processes Michigan produce. Contact a representative at 616.245.5053 or visit [pearsonfoods.com](http://pearsonfoods.com) for pricing information and more details.

## ***Pellerito Foods (Detroit)***

Offering fresh processed produce, Pellerito Foods is the oldest known fresh-cut vegetable company in business today. The company services a regional market from its Eastern Market home of over 65 years and more than 500 customers during these years. For more information and to order, contact Jeff Yezback at [jyezback@pelleritofoods.com](mailto:jyezback@pelleritofoods.com) or call 313.831.3346.

## ***Shelton's Wholesale Farm Co. (West Michigan)***

Please call Joe Shelton at 269.684.3230 for a current list of available Michigan-grown foods.

## ***Tedesco Produce Co., Inc. (Clinton Twp.)***

Please call Teddy Tedesco at 586.405.2080 for a current list of available Michigan-grown foods.

## ***U.P. Food Exchange***

The U.P. Food Exchange connects local food activity within three regions (Eastern, Central and Western) of the Upper Peninsula and coordinates local food efforts between the regions, including a virtual food hub. Learn more at [upfoodexchange.com](http://upfoodexchange.com).

## ***ValleyHUB (Kalamazoo)***

ValleyHUB is a social enterprise that operates out of the Kalamazoo Valley Community College Food Innovation Center. The hub grows specialty items and buys fresh produce from many local farms, processes it (wash, peel, chop, freeze), and sells it to area food service operations. ValleyHUB wants to help get more fresh, healthy foods onto more plates in Southwest Michigan. It offers supply chain support so that the local/regional products become the easy choice while maintaining value for farms and food suppliers. Please contact ValleyHUB Manager Randall Davis at [rdavis@kvcc.edu](mailto:rdavis@kvcc.edu) or 269.548.3303 for more information.

## ***West Michigan FarmLink (Grand Rapids)***

West Michigan FarmLink is an online wholesale food hub servicing the greater Grand Rapids area and connecting local area chefs, restaurateurs, institutions and schools with Michigan farmers and producers of good food products. This open exchange's product offerings, growers and availability change weekly, so visit [wmfarmlink.com](http://wmfarmlink.com) or contact Paul Quinn at [quinn@wmfarmlink.com](mailto:quinn@wmfarmlink.com) for up-to-date product listings and pricing.



## Spring 7

Asparagus	7
Beef	11
Eggs	17
Kale	23
Milk	29
Onions	35

## Summer 37

Berries	37
Blueberries	39
Carrots	44
Cucumbers	47
Peppers	49
Stone Fruit	54

## Fall 58

Broccoli	58
Celery	60
Potatoes	62
Salad Greens	68
Tomatoes	71
Winter Squash	76

## Winter 81

Apples	81
Beets	90
Cabbage	93
Cherries	97
Dry Beans	102
Garlic	107

# Asparagus

*Photo Credit—Alexei Novikov*



**Fact:**

Michigan ranks second nationally in asparagus production with 27 million pounds harvested from 9,000 acres in 2017.

**Fact:**

Under ideal conditions, an asparagus spear can grow up to 10 inches in one day.



## Full Service (Broadline) Distributors:

### *Gordon Food Service*

Please call 800.968.4164 and provide an item/produce number to receive pricing and purchasing information. You may also visit [gfs.com](http://gfs.com) for more details.

Variety	Pack	Item Code	Availability	Source
Asparagus Small	1/11 pound	496190	May - August	Dietrich Farms
Asparagus Large	1/11 pound	496200	May - August	Dietrich Farms
Asparagus Jumbo	1/11 pound	469720	May - August	Dietrich Farms
Asparagus Pencil	1/11 pound	184290	May - August	Dietrich Farms
Asparagus Spears	1/11 pound	272515	May - August	Dietrich Farms

### *Sysco (Grand Rapids)*

Contact your Sysco representative for all Michigan produce items (MIPROD) or visit [syscogr.com](http://syscogr.com) for more information.

Variety	Pack	Item Code	Availability
(MI PROD) Asparagus, Fresh Green Standard	1/11 pound	6669875	When in season
(MI PROD) Asparagus, Fresh Michigan Large	1/11 pound	3655358	When in season

### *Van Eerden Foodservice Company*

Please call 800.833.7374 for pricing/purchasing information or visit [vaneerden.com](http://vaneerden.com) for more details.

Variety	Pack	Item Code	Availability
Asparagus, Standard	1/11 pound	4110	May - June
Asparagus, Jumbo	1/11 pound	4111	May - June
Asparagus, Extra-Large	1/11 pound	4112	May - June
Asparagus, IQF Cuts & Tips	6/2.5 pound	16373	Year-round, special order

### *US Foods*

Contact your sales representative or please visit [usfoods.com](http://usfoods.com) for more details.

Variety	Pack	Item Code	Availability
Asparagus	1/11 pound	7228463	When in season



## Regional and Specialty Distributors

A full list of asparagus shippers, processors and handlers can be found by visiting the **Michigan Asparagus Advisory Board** website at [asparagus.org](http://asparagus.org) and clicking on the “Suppliers” tab.

### Cherry Capital Foods

Distributes only Michigan-made and produced products within the state of Michigan. Please call 231.943.5010 ext. 1 or email [Sales@cherrycapitalfoods.com](mailto:Sales@cherrycapitalfoods.com) (include subject line “Farm to Institution”) for additional pricing/purchasing information. Join the Cherry Capital Foods mailing list for up-to-date product information at [cherrycapitalfoods.com](http://cherrycapitalfoods.com).

Variety	Pack	Availability
Asparagus Standard	30 pound tote	When in season
Asparagus Standard	15 pound tote	When in season

### Coastal Produce Distributors

Locally owned and operated, Coastal Produce is located in Detroit and delivers fruits, vegetables, dairy, frozen foods, spices and processed foods throughout Michigan and Northern Ohio. Coastal Produce purchases all local produce when in season. Please call 877.291.8304 or visit [coastalproduce.net](http://coastalproduce.net) for detailed product and ordering information.

Variety	Pack	Item Code	Availability
Asparagus	1/11 pound	ASP1L	May - June
Asparagus 1/2 Case	2/5.5 pound	ASP2L	May - June
Asparagus	1/1 pound	ASP4L	May - June

### Frog Holler

Frog Holler is a chef-driven produce distributor providing farm-fresh fruits and vegetables daily. Please call 734.663.5067 for pricing/purchasing information or visit [froghollerproduce.com](http://froghollerproduce.com) for more details. Frog Holler is able to source many products in addition to those listed.

Variety	Pack	Availability
Fresh Asparagus	11 pound	May - June
Fresh Asparagus	28 pound	May - June



## Michigan Farm to Freezer

Michigan Farm to Freezer provides frozen fruits and vegetables, harvested fresh from Michigan farms, to institutions and retailers across the state. For more information, visit [mifarmtofreezer.com](http://mifarmtofreezer.com) or call 313.603.3700.

Variety	Pack	Item Code	Availability	Source
IQF Asparagus Cuts	4/5 pound or 12/2 pound case	CVG40105	Year-round	Norconk Farm, Oomen Brothers Farm
IQF Asparagus Spears	4/5 pound or 12/2 pound case	CVG40205	Year-round	Oomen Brothers Farm

## Todd Greiner Produce

Please call 231.873.2828 or email [darren@toddgreinerfarms.com](mailto:darren@toddgreinerfarms.com) for pricing/purchasing information, or visit [toddgreinerfarms.com](http://toddgreinerfarms.com) for a full list of available products.

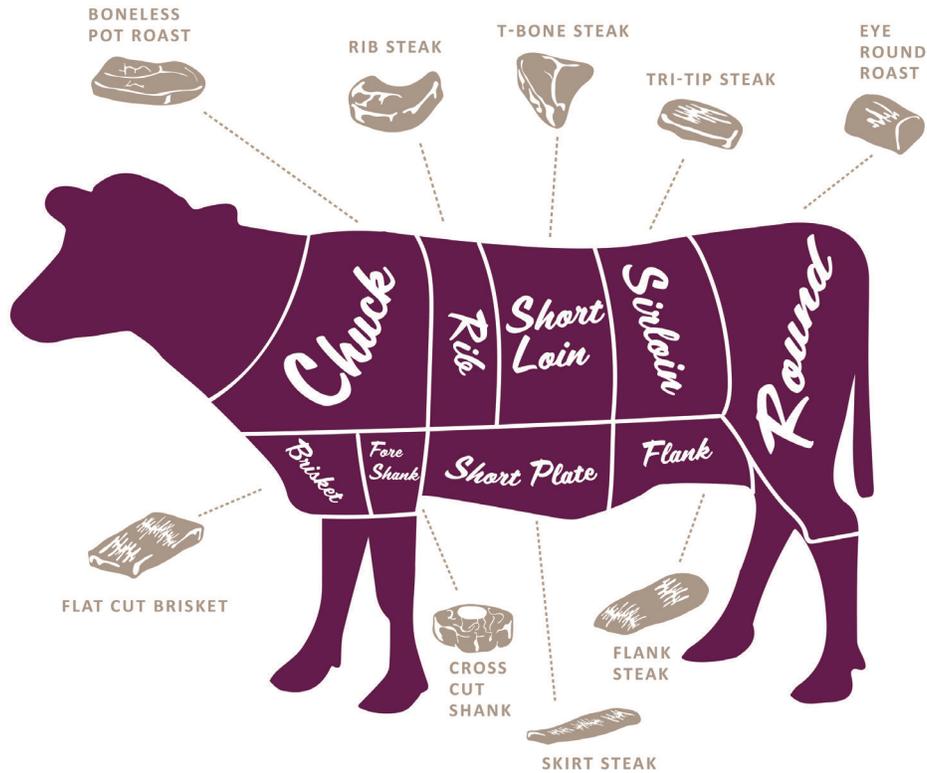
Variety	Pack	Availability
Tender tip asparagus, 5.5"-7.5" in length	Lugs (20 pounds with deposit on lug)	Starting May 15
Tender tip asparagus, 5.5"-7.5" in length	28-pound pyramid carton	Starting May 15



Photo Credit—Pixabay



# Beef



## Fact:

There are around 8,000 beef farms in Michigan with an average herd size of 31 head (2012 USDA Farm Census)

## Fact:

The beef lifecycle takes 2-3 years from pasture to plate.

## Fact:

The primary source of ground beef is the chuck, which makes up about one-quarter of a beef carcass.



*Photo Credit—Pixabay*

## Where's the Beef?

### *Michigan Beef Sourcing Quick Guide*

Sourcing beef locally, or even regionally, can be a significant challenge for food service buyers. The structure of the cattle and meat packing industry can make it difficult to know where your beef is coming from, and conventional beef pricing is highly competitive. Additionally, meat is highly regulated and must comply with a strict set of food safety rules. This guide is designed to provide a brief overview of important considerations and procurement strategies to help advance your local beef sourcing efforts.



## Tips for local beef sourcing:

**All beef intended for institutional food service must be slaughtered and processed under USDA inspection.** For a full explanation of meat inspection requirements, see the [Regulatory Routes to Purchasing Michigan Meat](#) infographic from the MSU Center for Regional Food Systems.

**Beef can be purchased in two primary ways:**

1. as premade products or individual cuts from a processor or distributor, or
2. as a half or whole animal direct from the farm.

While buying a whole animal may offer cost savings per pound, it creates other challenges with menu planning, order logistics, and [inventory management](#). Buying beef products à la carte from a distributor is the most common approach.

**Ground product (e.g. burger patties) are generally the lowest cost.** Whole muscle cuts like steaks or roasts tend to be more expensive and may require more preparation.

**Blending ground beef with vegetables, beans, and pulses can help keep costs in check and enhance flavor.** Many conventional ground beef products, such as patties or taco filler, contain 10-30% textured soy protein. Custom blended burgers can be made in-house or by an inspected meat processor.

**There are many beef production practices, breeds of cattle, and product grades that each impact price.** A large proportion of commodity ground beef actually comes from spent (or cull) dairy cows, which contributes to the low cost. Sourcing beef from a small farm may be more expensive than conventional beef products.

## Procurement strategies:

- **Broadline distributor:** For many institutions, working through their prime vendor is the ideal solution. While broadline distributors are great at order fulfillment and customer service, most do not offer local beef on their product lists. Connect and refer prospective beef suppliers to your broadline sales representative to see if they are willing to add a new product or vendor.
- **Specialty distributor or food hub:** Smaller, more regionally focused distributors may be able to offer more variety when it comes to locally sourced meats. Seeking out ground products or low demand cuts may help keep costs under control.
- **Direct from USDA processor:** Some meat processors may be able to source, process and deliver locally raised beef direct to an institution. Start by contacting the [USDA- inspected processors in your area](#) to see if they offer these services.
- **Direct from farmer/ producer:** For smaller institutions, particularly those in rural areas, sourcing whole animals direct from the farm may be the best option. This approach requires close planning and coordination the farm and a USDA processor.
- **Donations:** In cattle producing areas like [Montana](#) some schools have accepted donated cattle and only pay the processing costs.



# Michigan Beef Sources

## *Producers:*

### **Moraine Park Farms/Michigan Craft Beef (Hudsonville)**

[michigancraftbeef.com/](http://michigancraftbeef.com/)

### **Wernette Beef (Remus)**

[wernettebeef.com/](http://wernettebeef.com/)

## *Farm directories:*

[localharvest.org](http://localharvest.org)

[mi.foodmarketmaker.com/](http://mi.foodmarketmaker.com/)

[eatwild.com/index.html](http://eatwild.com/index.html)

## *USDA Processor/ Specialty Distributors:*

### **Byron Center Meats (Byron Center)**

[byroncentermeats.com/](http://byroncentermeats.com/)

### **Cherry Capital Foods (statewide)**

[cherrycapitalfoods.com](http://cherrycapitalfoods.com)

### **Eat Local, Eat Natural (Ann Arbor)**

[eatlocaleatnatural.com](http://eatlocaleatnatural.com)

### **Ebel's General Store/ Little Town Jerky (Falmouth)**

[ebelsgeneralstore.com/meat-processing/](http://ebelsgeneralstore.com/meat-processing/)

[https://www.ebelsgeneralstore.com/wp-content/uploads/2018/09/little\\_town\\_foodservice.pdf](https://www.ebelsgeneralstore.com/wp-content/uploads/2018/09/little_town_foodservice.pdf)

### **Farm Field Table (Ferndale)**

[farmfieldtable.com/](http://farmfieldtable.com/)

### **Tolman's Wholesale Meats (Hudsonville)**

[tolmansmeats.com/](http://tolmansmeats.com/)

### **West Michigan Beef Company (Hudsonville)**

[westmichiganbeef.com/](http://westmichiganbeef.com/)



## Regional and Specialty Distributors

### Cherry Capital Foods (Statewide)

Cherry Capital Foods distributes only Michigan-made and produced products within the state of Michigan. Please call 231.943.5010 ext. 1 or e-mail [sales@cherrycapitalfoods.com](mailto:sales@cherrycapitalfoods.com) (include subject line "Farm to Institution") for more pricing/purchasing information. Join the Cherry Capital Foods mailing list for up-to-date product information at [cherrycapitalfoods.com](http://cherrycapitalfoods.com)

Variety	Pack	Item Code	Availability	Source
Grass Fed Barley Finished Ground Beef - Bulk	2/ 5 pound	HAM008	Year Round	Hampel's
Grass Fed Barley Finished Chuck	10 pound	HAM026	Year Round	Hampel's
Grass Fed and Finished Ground Beef - Bulk	2/5 pound	WPR008	Year Round	Whispering Pines
Grass Fed and Finished Ground Beef - Bulk	2/5 pound	JNL017	Year Round	J. Nelson
Grass Fed and Finished Chuck Roast	10 pound	JNL020	Year Round	J. Nelson
Grass Fed and Finished Soup Bones	25 pound	JNL014	Year Round	J. Nelson
Grass Fed and Finished Prime Rib*	8 pound whole	JNL004	Year Round	J. Nelson
Grass Fed and Finished New York Strip*	10 pound whole	JNK023	Year Round	J. Nelson

### Coastal Produce Distributors

Locally owned and operated, Coastal Produce is located in Detroit and delivers fruits, vegetables, dairy, frozen foods, spices and processed foods throughout Michigan and Northern Ohio. Coastal Produce purchases all local produce when in season. Please call 877.291.8304 or visit [coastalproduce.net](http://coastalproduce.net) for detailed product and ordering information.

Variety	Pack	Item Code	Availability	Source
80% Lean Ground Beef Steakburger Patties, 8 ounce	6/4 count	140782	Year-round	Halperns
80% Lean Ground Beef Steakburger Patties, 4 ounce	6/8 count	140793	Year-round	Halperns
80% Lean Ground Beef, Bulk-Packed	2/6 pound average	140802	Year-round	Halperns
Tenderloin Beef Steak, Boneless Barrel Cut	28/7 ounce	108172	Year-round	Halperns
Tenderloin Beef Steak, Boneless Barrel Cut	38/5 ounce	108192	Year-round	Halperns
Ribeye Beef Steak, Boneless, Lip-On	16/12 ounce	108215	Year-round	Halperns
Ribeye Beef Steak, Boneless, Lip-On	14/14 ounce	108222	Year-round	Halperns
Top Sirloin Beef Steak, Boneless, Center 2/3 Cut	38/5 ounce	108244	Year-round	Halperns
Top Sirloin Beef Steak, Boneless, Center 2/3 Cut	32/6 ounce	108302	Year-round	Halperns
Top Sirloin Beef Steak, Boneless, Center 2/3 Cut	24/8 ounce	108312	Year-round	Halperns
Top Sirloin Beef Steak, Boneless, Center 2/3 Cut	20/10 ounce	108322	Year-round	Halperns
Strip Loin Beef Steak, Boneless, Center Cut	20/10 ounce	108342	Year-round	Halperns
Strip Loin Beef Steak, Boneless, Center Cut	14/14 ounce	108452	Year-round	Halperns
Beef Strip Loin, Whole, Boneless, 13 Pound Avg.	2 count	108463	Year-round	Halperns
Beef Ribeye, Whole, Boneless, Lip-On, 16.5 Pound Avg.	2 count	108512	Year-round	Halperns
Beef Top Sirloin, Whole, Boneless, 11 Pound Avg.	2 count	108632	Year-round	Halperns
Beef Tenderloin, Whole, Boneless, Peeled Side Muscle On, 5 Pound Avg.	4 count	113822	Year-round	Halperns



## Regional and Specialty Distributors

### *Moraine Park Farms - Michigan Craft Beef*

To work within Michigan's unique environment and climate, we've adopted a production system that we've termed "Michigan Craft Beef TM." Grazing livestock on pasture is the foundation of our operation, and is enhanced with seasonal shelter and supplemental feeding for the benefit of the land, the animals, and the final product.

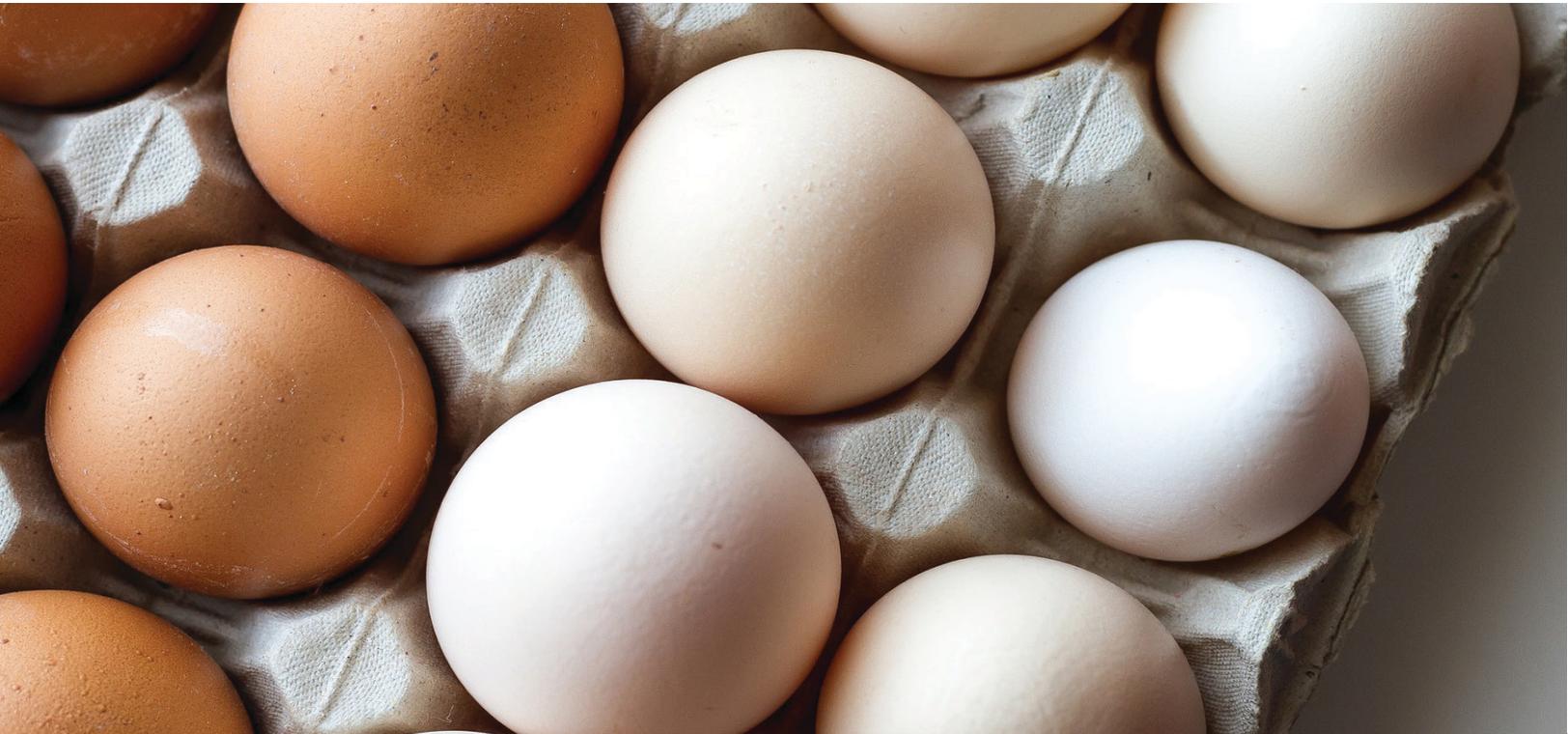
Michigan Craft Beef is produced by Moraine Park Farms, processed weekly by Byron Center Meats, and distributed fresh by Van Eerden Food Service. All cuts are available in addition to the ground beef items listed below. Please contact Tom Dykstra (616)218-9987 for more information. [www.michigancraftbeef.com](http://www.michigancraftbeef.com)

Variety	Pack	Item Code	Availability	Source
Bulk Ground Beef	4/5 pound	52525	Year-round	Moraine Park Farms
Ground Beef Patty	20/8 ounce	52557	Year-round	Moraine Park Farms
Ground Beef Patty	40/6 ounce		Year-round	Moraine Park Farms
Ground Beef Patty	50/3.2 ounce		Year-round	Moraine Park Farms



# Eggs

Photo Credit—Pixabay



**Fact:**

Michigan laying hens produce 227 million dozen eggs per year—enough eggs for each Michigan resident to consume 23 dozen per year.

**Fact:**

One egg supplies 12% of an adult's required daily protein.





Photo Credit—Pixabay

## What to Consider When Sourcing Local Eggs

### State Licensing vs. USDA Certification and Grading

The most important consideration when buying Michigan eggs for an institution is whether a local egg producer is licensed by the State of Michigan as a Shell Egg Processor or sells its eggs to a licensed egg processor. According to the Michigan Food Law, an egg processor is an establishment that cleans, candles, grades, sorts, or packages eggs. When an egg producer also operates a processing establishment where eggs are processed for wholesale markets, an annual license is required. Small egg producers with fewer than 3,000 hens may be exempt from this rule only if they sell their eggs directly to consumers, such as at farmers markets. Essentially, any egg producer selling into wholesale or institutional markets or in settings that resell egg products to customers is required to have a licensed facility. Michigan licensing rules are based on federal regulations that can act as a baseline for states but have been expanded to include grading of the eggs as a requirement.

Additionally, many eggs also have a USDA certification and grade on the package. The USDA does not require eggs to be graded. However, the State of Michigan does, so any eggs purchased through a licensed egg farm or processor in Michigan will have a grade. The USDA has three separate grades for eggs based on the interior quality of the egg and the condition of the shell, as the chart below describes.

Grade	Egg Characteristics	Best Uses
AA	Whites are thick and firm; yolks are high, round and practically free from defects; shells are clean and unbroken	Frying and poaching, where appearance is important
A	Same as Grade AA eggs, except that the whites are “reasonably” firm (this grade is most often sold in retail stores)	
B	Whites may be thinner and yolks may be wider and flatter than eggs of higher grades; shells must be unbroken but may show slight stains	Usually used to make liquid, frozen or dried egg products



## What's in a Label?

Label claims and certifications for eggs aim to communicate with consumers about how animals (and sometimes the environment) are treated throughout the production process. Whether you are ordering from a distributor or directly from a farm, it can be tough to make sense of all these claims and certifications. What do they really mean? Are they credible?

You are most likely to get what you are looking for if the label claim or certification has clearly stated principles and criteria and transparent standards, is measurable and based in science, and if an independent third party is used for verification. Review the tables below to learn more about many common labels and certifications that apply to eggs.

Label Claim	What It Means
CAGE-FREE	<p>This claim is not third-party certified unless it is listed along with a third-party certification that requires it, such as Certified Humane or Organic.</p> <p>USDA grademarked eggs marketed as “cage-free” must be produced by hens housed in an area that allows for unlimited access to food and water and provides the freedom to roam within the area during the laying cycle.</p>
FREE-RANGE, FREE-ROAMING, PASTURE-RAISED	<p>This claim is not third-party certified unless it is listed along with a third-party certification that requires it, such as Certified Humane or Organic.</p> <p>USDA grademarked eggs marketed as “free-range” must be produced by hens housed in an area that allows for unlimited access to food and water and continuous access to the outdoors during the laying cycle. The outdoor area may be fenced and/or covered with netting-like material.</p>
HORMONE-FREE	<p>U.S. federal law requires that egg-laying hens are never fed hormones. Whether or not this label is included on packaging, all U.S. eggs are free from added hormones.</p>
NATURAL, ALL NATURAL	<p>This term means that nothing was added to the egg. According to the USDA, all eggs meet this criterion. There is no independent verification of this claim.</p>
VEGETARIAN-FED, VEGETARIAN DIET	<p>Hens are not strictly vegetarians. This label indicates that hens were not fed any animal by-products.</p> <p>The American Vegetarian Association does offer certification, and it currently certifies the proprietary feed used by Egglard's Best.</p> <p>Other third-party verified claims and certifications do include similar standards.</p>
FARM FRESH	<p>You might consider eggs you purchase directly from a farmer or producer to be “farm fresh,” but this claim is not verified or certified by an independent organization.</p>



## Full Service (Broadline) Distributors

### Gordon Food Service

Headquartered in Wyoming, Michigan, Gordon Food Service has been delivering quality products and services since 1897. Please call 800.968.4164 for more information about these products and others. You may also visit [gfs.com](http://gfs.com) for more details.

Variety	Pack	Item Code	Availability	Source
Eggs Medium Grade A	6/30 count	206547	Year-round	CHS-Hamilton Michigan
Eggs Large Grade A	6/30 count	206539	Year-round	CHS-Hamilton Michigan
Eggs X-Large Grade A	6/30 count	273899	Year-round	CHS-Hamilton Michigan
Eggs Medium Grade A	12/30 count	478229	Year-round	CHS-Hamilton Michigan
Eggs Large Grade A	12/30 count	478237	Year-round	CHS-Hamilton Michigan
Eggs Large Grade A	10/30 count	505412	Year-round	CHS-Hamilton Michigan

### Sysco (Grand Rapids)

Contact your Sysco representative for all Michigan Produce Items (MIPROD). You may also visit [syscogr.com](http://syscogr.com) for more information.

Variety	Pack	Item Code	Availability
Eggs Medium Grade A White	1/15 dozen	1102748	Year-round
Eggs Large Grade A White	1/15 dozen	1210673	Year-round
Eggs X-Large Grade A White	1/15 dozen	1466465	Year-round
Eggs Large Grade AA White	1/30 dozen	2105773	Year-round
Eggs Medium Grade AA White	1/15 dozen	2105815	Year-round
Eggs Large Grade AA White	1/15 dozen	2105823	Year-round
Eggs X-Large Grade AA White	1/15 dozen	2105849	Year-round
Eggs Cage Free Brown	1/15 dozen	3539095	Year-round



Photo Credit—Pixabay

## Van Eerden Foodservice Company

Please call 800.833.7374 for pricing/purchasing information or visit [vaneerden.com](http://vaneerden.com) for more details.

Variety	Pack	item Code	Availability
Eggs Hard Cooked Peeled	23 pound	67496	Year-round
Eggs Hard Cooked Vacuum Pack	12/12 count	67521	Year-round
Eggs Diced Natural	4/5 pound	55199	Year-round
Eggs Scrambled Boil in Bag	6/5 pound	55205	Year-round
Eggs Whole Liquid w Citric Acid	15/2 pound	71757	Year-round
Egg Whites Liquid w/ Citric Acid	15/2 pound	72417	Year-round
Eggs Scrambled Precooked	4/5 pound	43768	Year-round
Eggs Patty Grilled	369/1.25 ounce	43778	Year-round
Eggs Diced Topping	4/5 pound	67528	Year-round
Eggs Medium Fresh	15 dozen	75200	Year-round
Eggs Large Fresh	15 dozen	75202	Year-round
Eggs X-Large Fresh	15 dozen	75203	Year-round
Eggs Retail X-Large Fresh	30 dozen	75210	Year-round
Eggs Retail Jumbo Fresh	24 dozen	75215	Year-round



Photo Credit—Pixabay



## Regional and Specialty Distributors

### Cherry Capital Foods (Statewide)

Cherry Capital Foods distributes only Michigan-made and produced products within the state of Michigan. Please call 231.943.5010 ext. 1 or e-mail [sales@cherrycapitalfoods.com](mailto:sales@cherrycapitalfoods.com) (include subject line "Farm to Institution") for more pricing/purchasing information. Join the Cherry Capital Foods mailing list for up-to-date product information at [cherrycapitalfoods.com](http://cherrycapitalfoods.com).

Variety	Pack	Item Code	Availability	Source
Eggs Large Carton	15/1 dozen	GRZ00001	Year-round	Grazing Fields
Eggs Extra-Large Carton	15/1 dozen	GRZ00005	Year-round	Grazing Fields
Eggs Shorty	30/half dozen	GRZ00006	Year-round	Grazing Fields
Eggs Large Bulk	15 dozen	GRZ00004	Year-round	Grazing Fields
Eggs GMO Free	15/1 dozen	PA000001	Year-round	Pristine Acres
Eggs GMO Free Bulk	15 dozen	PA000003	Year-round	Pristine Acres
Eggs Organic Carton	15/1 dozen	SOR00001	Year-round	Sunrise Organics

### Coastal Produce Distributors

Locally owned and operated, Coastal Produce is located in Detroit and delivers fruits, vegetables, dairy, frozen foods, spices and processed foods throughout Michigan and Northern Ohio. Coastal Produce purchases all local produce when in season. Please call 877.291.8304 or visit [coastalproduce.net](http://coastalproduce.net) for detailed product and ordering information.

Variety	Pack	Item Code
Eggs Cage-Free Large	15 dozen	EGGSCFL

### Grazing Fields

Grazing Fields is a Michigan multi-farm cooperative and wholesaler of natural, free-range brown eggs that has been delivering delicious farm fresh, local products to Southeast and Mid-Michigan markets every week since 1997. Grazing Fields supports small and medium-sized farms throughout the region, helping to grow the local economy. Email [orders@GrazingFields.org](mailto:orders@GrazingFields.org) or call 517.231.2240 to place orders.

Variety	Pack	Availability	Source
Fresh Free Range Eggs	15 dozen	Year-round	Grazing Fields



# Kale

*Photo Credit—Lindsey J. Scalera*



**Fact:**

Between 2007 and 2012, U.S. kale production rose 60% due mostly to growing consumer demand.

**Fact:**

One serving of kale provides more than three-quarters of the recommended daily intake for Vitamin C.



## Bumpy, Curly, Purple & Green!

Kale can be found in a variety of textures and colors. While each variety is equally nutritious and nourishing, different attributes make them more suitable to different preparation techniques or uses. Three of the most commonly grown varieties of kale are listed in the table below.

Variety	Leaf	Flavor	Uses
Curly Kale (Common Kale)	Ruffled leaves with a fibrous stalk, typically deep green in color	Peppery and assertive with a pleasantly bitter edge	Great for all cooking uses; especially good for kale chips
Lacinato Kale (Dinosaur or Tuscan Kale)	Long, flat leaves, dark green or bluish in color with an embossed texture	Less bitter than common kale with a milder, sweeter flavor	Commonly used in pastas and soups, such as minestrone
Red Russian Kale (Ragged Jack Kale)	Greenish-purple leaves with a deep purple, fibrous stalk and an oak-shaped leaf	Mild nutty flavor that is slightly sweet and earthy	Sauté or braise mature leaves and add smaller, fresh leaves to salads

## Which Kale is This?

Pictured from left to right: Red Russian, Lacinato, Redbor, and Green Scotch varieties.



Photo Credit—Flickr User Suzie's Farm.

## Extending the Kale Season

A hoophouse, or passive solar greenhouse, is a particular type of season extension structure typically consisting of a metal pipe frame (bent to form half-circle hoops) covered with different thicknesses of plastic, depending on the use. These structures can provide a more cost-effective way of extending the growing season compared to investing in more expensive greenhouses or other permanent structures.

A growing number of Michigan farms have turned to season extension (greenhouses, hoophouses and high tunnels) as a strategy for increasing the availability of local produce beyond traditional fresh market seasons. As a cold-hardy vegetable, kale does extremely well in season extension growing environments. The traditional fresh kale season in Michigan runs from June to October or November, but Michigan growers can make fresh kale locally available nearly year-round through season extension. So if you can't find Michigan kale through your regular distribution channels, use our "Resources for Linking with Local Farmers" to find farmers in your area who may be using hoophouses to extend the season.



*Photo Credit—The Farm at St. Joseph Mercy Hospital in Ann Arbor*

## Full Service (Broadline) Distributors

### Sysco (Grand Rapids)

Be sure to contact your Sysco representative for all Michigan Produce Items (MIPRO). You may also visit [sycogr.com](http://sycogr.com) for more information.

Variety	Pack	Item Code	Availability
Kale	12 count	6672523	June - November
Kale	24 count	6672517	June - November

### US Foods

Contact your sales representative or visit [usfoods.com](http://usfoods.com) for more information.

Variety	Pack	Item Code	Availability
Kale	24 count	8010597	June - November

### Van Eerden Foodservice

Call 800.833.7374 for pricing/purchasing information or visit [vaneerden.com](http://vaneerden.com) for more details.

Variety	Pack	Item Code	Availability	Source
Kale	24 count	5005	June - October	
Kale Tuscan (SPEC)	12 count	5025	June - October	
Kale Local Organic	2/2.5-pound	6458	Year-round	Green Spirit



Photo Credit—Pixabay



## Regional and Specialty Distributors

### Cherry Capital Foods (Statewide)

Cherry Capital Foods distributes only Michigan-made and produced products within the state of Michigan. Call 231.943.5010 ext. 1 or email [sales@cherrycapitalfoods.com](mailto:sales@cherrycapitalfoods.com) (include subject line "Farm to Institution") for more pricing/purchasing information. Join the Cherry Capital Foods mailing list for up-to-date product information at [cherrycapitalfoods.com](http://cherrycapitalfoods.com).

Variety	Pack	Availability
Green Curly Kale, loose	3 pound	May - December
Green Curly Kale, organic loose	3 pound	May - December
Green Curly Kale, organic bunched	10 count	May - December
Toscana Kale, loose	3 pound	May - December
Toscana Kale, organic bunched	10 count	May - December
Red Russian Kale, organic loose	3 pound	May - December
Red Russian Kale, organic bunched	10 count	May - December
Red and White Russian Kale Mix, loose	3 pound	May - December
Red Curly Kale, organic bunched	10 count	May - December
Green Curly Kale, loose	3 pound	May - December
Green Curly Kale, organic loose	3 pound	May - December
Green Curly Kale, organic bunched	10 count	May - December
Toscana Kale, loose	3 pound	May - December

### Coastal Produce Distributors

Locally owned and operated, Coastal Produce is located in Detroit and delivers fruits, vegetables, dairy, frozen foods, spices and processed foods throughout Michigan and Northern Ohio. Coastal Produce purchases all local produce when in season. Please call 877.291.8304 or visit [coastalproduce.net](http://coastalproduce.net) for detailed product and ordering information.

Variety	Pack	Item Code	Availability
Kale	24 count	KALECL	June - November
Kale	12 count	KALE1L	June - November
Kale	6 count	KALE2L	June - November
Kale	3 count	KALE3L	June - November
Kale, Baby	3/1 pound	KALEB1	June - November
Kale, Baby	1 pound	KALEB41	June - November

### Frog Holler

Frog Holler is a chef-driven produce distributor providing farm-fresh fruits and vegetables daily. Please call 734.663.5067 for pricing/purchasing information or visit [froghollerproduce.com](http://froghollerproduce.com) for more details. Frog Holler is able to source many products in addition to those listed.

Variety	Pack	Availability
Fresh Green Kale	12 or 24 count	July - October
Fresh Lacinato Kale	12 or 24 count	July - October



## LaGrasso Bros. Produce

This wholesale food service and fresh produce distributor is based in southeast Michigan. Contact Tom LaGrasso III at 313.579.1455 for more information and to order.

Variety	Pack	Item Code	Availability
Kale	24 count	5640	June - October

## Pearson Foods Corporation (Grand Rapids)

Pearson Foods is a processor and distributor that sources, sells and processes Michigan produce. Contact a representative at 616.245.5053 or visit [pearsonfoods.com](http://pearsonfoods.com) for pricing information and more details.

Variety	Pack	Availability
Kale, loose pack	17 pound	July - November
Kale, loose pack	10 pound	July - November
Kale, loose pack	5 pound	July - November
Kale, chopped	6/1 pound	July - November
Kale, chopped	4/2 pound	July - November



Photo Credit—Michael Lang



# Milk

Photo Credit—Len Villano

**Fact:**

Every container of milk is identified by a 5-digit code. This code includes a 2-digit state code followed by a 3-digit processing plant code. Michigan's state code is 26.

**Fact:**

Dairy is the state's leading agricultural segment, contributing \$14.7 billion to the state's economy annually as of 2015.



## Full Service (Broadline) Distributors:

### Gordon Food Service

Please call 800.968.4164 and provide an item/produce number to receive pricing and purchasing information. You may also visit [gfs.com](http://gfs.com) for more details.

Variety	Pack	Item Code	Availability	Source
Whole White	1/5 Gallon BNB	534374	Year-round	Country Fresh
Whole White	4/1 Gallon Plastic Jug	512109	Year-round	Country Fresh
Whole White	40/Half Pint Carton	806370	Year-round	Country Fresh
2% White	1/5 Gallon BNB	534366	Year-round	Country Fresh
2% White	4/1 Gallon Plastic Jug	504602	Year-round	Country Fresh
2% White	40/Half Pint Carton	806341	Year-round	Country Fresh
1% White	40/Half Pint Carton	224881	Year-round	Country Fresh
Skim White	1/5 Gallon BNB	563811	Year-round	Country Fresh
Skim White	4/1 Gallon Plastic Jug	557862	Year-round	Country Fresh
Skim White	40/Half Pint Carton	806360	Year-round	Country Fresh
1% Chocolate	1/5 Gallon BNB	736910	Year-round	Country Fresh
Skim Chocolate	40/Half Pint Carton	152681	Year-round	Country Fresh

### Sysco (Grand Rapids)

Contact your Sysco representative for all Michigan produce items (MIPROD) or visit [syscogr.com](http://syscogr.com) for more information.

Variety	Pack	Item Code	Availability	Source
Whole White	1/5 Gallon	1742659	Year-round	Prarie Farms
Whole White	4/1 Gallon	1742584	Year-round	Prarie Farms
Whole White	9/Half Gallon	1742667	Year-round	Prarie Farms
Whole White	12/1 Pint	5160452	Year-round	Prarie Farms
Whole White	50/Half Pint	1985480	Year-round	Prarie Farms
2% White	1/5 Gallon	1742634	Year-round	Prarie Farms
2% White	4/1 Gallon	1742576	Year-round	Prarie Farms
2% White	9/Half Gallon	1742675	Year-round	Prarie Farms
2% White	12/1 Pint	5160460	Year-round	Prarie Farms
2% White	50/Half Pint	1985506	Year-round	Prarie Farms
1% White	50/Half Pint	8026486	Year-round	Prarie Farms
1% White	9/Half Gallon	7343031	Year-round	Prarie Farms
Skim White	12/1 Pint	9774100	Year-round	Prarie Farms
Skim White	1/5 Gallon	6917629	Year-round	Prarie Farms
Skim White	4/1 Gallon	2371466	Year-round	Prarie Farms
Skim White	9/Half Gallon	1966795	Year-round	Prarie Farms

*Continued*



Continued

Variety	Pack	Item Code	Availability	Source
Skim White	50/Half Pint	1985548	Year-round	Prarie Farms
Whole Chocolate	9/Half Gallon	9631862	Year-round	Prarie Farms
Whole Chocolate	16/1 Quart	1742543	Year-round	Prarie Farms
Whole Chocolate	12/1 Pint	5160437	Year-round	Prarie Farms
1% Strawberry	12/1 Pint	5160486	Year-round	Prarie Farms
1% Chocolate	12/1 Pint	2476674	Year-round	Prarie Farms
1% Chocolate	1/5 Gallon	1742600	Year-round	Prarie Farms
1% Chocolate	10/Half Pint	1507625	Year-round	Prarie Farms
1% Chocolate	50/Half Pint	9222092	Year-round	Prarie Farms
1% Chocolate	4/1 Gallon	7853351	Year-round	Prarie Farms
Skim Chocolate	50/Half Pint	1476363	Year-round	Prarie Farms
Half & Half	16/1 Quart	7630577	Year-round	Prarie Farms
36% Heavy Whip-Fresh	9/Half Gallon	8606861	Year-round	Prarie Farms
40% Gourmet Cream-Fresh	9/Half Gallon	8606891	Year-round	Prarie Farms
Whole White	4/1 Quart	6488647	Year-round	Prarie Farms
Whole White	10/Half Pint	6334395	Year-round	Prarie Farms
2% White	4/1 Quart	6488621	Year-round	Prarie Farms
2% White	10/Half Pint	6323497	Year-round	Prarie Farms
Skim White	4/1 Quart	1742568	Year-round	Prarie Farms
Skim White	10/Half Pint	7281132	Year-round	Prarie Farms
Whole Chocolate	4/1 Quart	1742527	Year-round	Prarie Farms

## Van Eerden Foodservice Company

Please call 800.833.7374 for pricing/purchasing information or visit [vaneerden.com](http://vaneerden.com) for more details.

Variety	Pack	Item Code	Source
2% White	1 Gallon	75405	Country Fresh
Buttermilk	1 Quart	75409	Country Fresh
Whole White	1 Gallon	75410	Country Fresh
Skim White	5 Gallon	75415	Country Fresh
2% White	5 Gallon	75416	Country Fresh
Whole Chocolate	5 Gallon	75417	Country Fresh
Whole Chocolate	4/1 Gallon	75419	Country Fresh
Buttermilk	16/1 Quart	75428	Country Fresh
Whole White	4/1 Gallon	75430	Country Fresh
2% White	4/1 Gallon	75431	Country Fresh
Buttermilk	9/Half Gallon	75438	Country Fresh
Skim White	40/Half Pint	75498	Country Fresh
Skim Chocolate	40/Half Pint	75929	Country Fresh
2% White Carton	40/Half Pint	75930	Country Fresh



## Regional and Specialty Distributors

### *Cedar Crest Dairy, Inc*

Based in Hudsonville, Mich., and family-owned and -operated since 1928, Cedar Crest Dairy offers local Michigan milk supplied by Country Dairy. Orders can be placed by email to [orderentry@cedarcrestdelivers.com](mailto:orderentry@cedarcrestdelivers.com) or through an online ordering system at [weborders.cedarcrestdelivers.com](http://weborders.cedarcrestdelivers.com). Call 877.669.5170 for more information.

Variety	Pack	Item Code	Availability	Source
Whole White Vitamin D Milk	4/1 gallon	10010	Year-round	Country Dairy, New Era, MI
2% White	4/1 gallon	10020	Year-round	Country Dairy, New Era, MI
1% White	4/1 gallon	10030	Year-round	Country Dairy, New Era, MI
Skim White	4/1 gallon	10040	Year-round	Country Dairy, New Era, MI
Whole Chocolate Vitamin D Milk	4/1 gallon	10050	Year-round	Country Dairy, New Era, MI
Whole White Vitamin D Milk	9/1 half gallon	10011	Year-round	Country Dairy, New Era, MI
2% White	9/1 half gallon	10021	Year-round	Country Dairy, New Era, MI
1% White	9/1 half gallon	10031	Year-round	Country Dairy, New Era, MI
Skim White	9/1 half gallon	10041	Year-round	Country Dairy, New Era, MI
Whole Chocolate Vitamin D Milk	9/1 half gallon	10051	Year-round	Country Dairy, New Era, MI
Whole White Vitamin D Milk	9/1 quart	10012	Year-round	Country Dairy, New Era, MI
2% White	9/1 quart	10022	Year-round	Country Dairy, New Era, MI
Whole Chocolate Vitamin D Milk	9/1 quart	10052	Year-round	Country Dairy, New Era, MI
Whole White Vitamin D Milk	20/1 pint	10013	Year-round	Country Dairy, New Era, MI
2% White	20/1 pint	10023	Year-round	Country Dairy, New Era, MI
Skim White	20/1 pint	10043	Year-round	Country Dairy, New Era, MI
Whole Chocolate Vitamin D Milk	20/1 pint	10053	Year-round	Country Dairy, New Era, MI
PET Skim Chocolate	20/12 ounce	10058	Year-round	Country Dairy, New Era, MI
1% White	50/1 half pint	10034	Year-round	Country Dairy, New Era, MI
Skim White	50/1 half pint	10044	Year-round	Country Dairy, New Era, MI
Skim Chocolate	50/1 half pint	10055	Year-round	Country Dairy, New Era, MI
Skim Strawberry	50/1 half pint	10057	Year-round	Country Dairy, New Era, MI
Whipping Cream 40%	9/1 half gallon	18136	Year-round	Country Dairy, New Era, MI
Whipping Cream 40%	20/1 pint	10073	Year-round	Country Dairy, New Era, MI
Half & Half	9/1 quart	520004	Year-round	Country Dairy, New Era, MI
Half & Half	20/1 pint	520050	Year-round	Country Dairy, New Era, MI



## Cherry Capital Foods

Cherry Capital Foods distributes only Michigan-made and produced products within the state of Michigan. Please call 231.943.5010 ext. 1 or email [sales@cherrycapitalfoods.com](mailto:sales@cherrycapitalfoods.com) (include subject line "Farm to Institution") for more pricing/purchasing information. Join the Cherry Capital Foods mailing list for up-to-date product information at [cherrycapitalfoods.com](http://cherrycapitalfoods.com).

Variety	Pack	Availability	Source
Whole White	9/1 half gallon	Year-round	MOO-ville Creamery
2% White	4/1 gallon	Year-round	MOO-ville Creamery
2% White	9/1 half gallon	Year-round	MOO-ville Creamery
2% White	20/1 pint	Year-round	MOO-ville Creamery
Skim White	4/1 gallon	Year-round	MOO-ville Creamery
Skim White	9/1 half gallon	Year-round	MOO-ville Creamery
Whole Chocolate	4/1 gallon	Year-round	MOO-ville Creamery
Whole Chocolate	9/1 half gallon	Year-round	MOO-ville Creamery
Whole Chocolate	20/1 pints	Year-round	MOO-ville Creamery
Creamline Whole White	4/1 gallon	Year-round	MOO-ville Creamery
Creamline 2% White	4/1 gallon	Year-round	MOO-ville Creamery
1/2% White	4/1 gallon case	Year-round	Guernsey Farms Dairy
1/2% White	9/1 half gallon case	Year-round	Guernsey Farms Dairy
Whole White	5 gallon bag in box	Year-round	Guernsey Farms Dairy
Whole White	4/1 gallon case	Year-round	Guernsey Farms Dairy
Whole White	9/1 half gallon	Year-round	Guernsey Farms Dairy
Whole White	16/1 quart	Year-round	Guernsey Farms Dairy
Whole White	20/1 pint	Year-round	Guernsey Farms Dairy
2% White	1/5 gallon	Year-round	Guernsey Farms Dairy
2% White	4/1 gallon	Year-round	Guernsey Farms Dairy
2% White	9/1 half gallon	Year-round	Guernsey Farms Dairy
2% White	16/1 quart	Year-round	Guernsey Farms Dairy
2% White	20/1 pint	Year-round	Guernsey Farms Dairy
Skim White	1/5 gallon	Year-round	Guernsey Farms Dairy
Skim White	4/1 gallon	Year-round	Guernsey Farms Dairy
Skim White	9/1 half gallon	Year-round	Guernsey Farms Dairy
Skim White	16/1 quart	Year-round	Guernsey Farms Dairy
Skim White	20/1 pint	Year-round	Guernsey Farms Dairy
Whole Chocolate	1/5 gallon	Year-round	Guernsey Farms Dairy
Whole Chocolate	9/1 half gallon	Year-round	Guernsey Farms Dairy
Whole Chocolate	16/1 quart	Year-round	Guernsey Farms Dairy
Whole Chocolate	20/1 pint	Year-round	Guernsey Farms Dairy
Heavy Whipping Cream	9/1 half gallon	Year-round	Guernsey Farms Dairy
Heavy Whipping Cream	48/1 half pint	Year-round	Guernsey Farms Dairy
Buttermilk	9/1 half gallon	Year-round	Guernsey Farms Dairy
Half & Half Pasteurized	16/1 quart	Year-round	Guernsey Farms Dairy
Half & Half Pasteurized	28/1 pint	Year-round	Guernsey Farms Dairy
Whole White	4/1 gallon	Year-round	MOO-ville Creamery



## Coastal Produce Distributors

Locally owned and operated, Coastal Produce is located in Detroit and delivers fruits, vegetables, dairy, frozen foods, spices and processed foods throughout Michigan and Northern Ohio. Coastal Produce purchases all local produce when in season. Please call 877.291.8304 or visit [coastalproduce.net](http://coastalproduce.net) for detailed product and ordering information.

Variety	Pack	Item Code	Availability
Milk, Gallon 2%	1 gallon	MK2	Year-round
Milk, Gallon 2%	4/1 gallon	MK21	Year-round
Milk, Buttermilk	1/2 gallon	MKBUTH3	Year-round
Milk, Chug Chocolate	14 ounce	MKC14	Year-round
Milk, Choc Chugs	12/14 ounce	MKCC14	Year-round
Milk, Chocolate 1%	1 gallon	MKCHOC	Year-round
Milk, Half & Half	1 quart	MKHHQ	Year-round
Milk, Half & Half	16/1 quart	MKHHQ1	Year-round
Milk, Half & Half	4/1 quart	MKHHQQ	Year-round
Milk, Skim	1 gallon	MKS2	Year-round
Milk, Skim	1/half gallon	MKSHG	Year-round
Milk, Skim	9/half gallon	MKSHG1	Year-round
Milk, Chugs White 2%	14 ounce	MKW14	Year-round
Milk, White Chugs	12/14 ounce	MKWC141	Year-round
Milk, White	1/half gallon	MKWHG	Year-round
Milk, White	9/half gallon	MKWHG1	Year-round



Photo Credit—iStock



# Onions

*Photo Credit—Pixabay*

**Fact:**

In 2016, 88 million pounds of onions were harvested with a value of more than \$10 million.

**Fact:**

Onions are grown in south central and southern Michigan counties: Allegan, Barry, Eaton, Ionia, Kent, Newaygo, Ottawa and Van Buren.

**Nurition Fact:**

Onions are rich in potassium and vitamins C and B6.



## Full Service (Broadline) Distributors:

### *Gordon Food Service*

Please call 800.968.4164 and provide an item/produce number to receive pricing and purchasing information. You may also visit [gfs.com](http://gfs.com) for more details.

Variety	Pack	Item Code
Jumbo Red Onion	25 pound	198722

## Regional and Specialty Distributors

### *Cherry Capital Foods*

Distributes only Michigan-made and produced products within the state of Michigan. Please call 231.943.5010 ext. 1 or email [Sales@cherrycapitalfoods.com](mailto:Sales@cherrycapitalfoods.com) (include subject line "Farm to Institution") for additional pricing/purchasing information. Join the Cherry Capital Foods mailing list for up-to-date product information at [cherrycapitalfoods.com](http://cherrycapitalfoods.com).

Variety	Pack	Item Code	Availability	Source
Organic Red Onion	10 pound	MFO00069	August - December	Monroe Family Organics
Organic Red Onion	1 bushel	SEC00072	September - April	Second Spring Farm
Organic Yellow Onion	1 bushel	SEC00073	September - April	Second Spring Farm
Organic Yellow Onion	1 bushel	SFF00009	August - March	Stutzman Family Farm
Organic Red Onion	1 bushel	SFF00010	August - March	Stutzman Family Farm
Larg Candy Onion	50 pound	VAN00004	August - December	Vanooteghem Farm
Jumbo Red Onion	25 pound	VIC00006	September - May	Victory Farms
Jumbo Yellow Onion	50 pound	VIC00007	September - May	Victory Farms



Photo Credit—Pixabay



# Berries

*Photo Credit—Lindsey J. Scalera*



**Fact:**

Michigan farmers grow berries for both fresh and processed uses.

**Fact:**

A great source of fiber, berries are also rich in vitamin C and potassium.

**Fact:**

In 2016, Michigan ranked seventh nationally in strawberry production.



## Full Service (Broadline) Distributors

### *Cherry Capital Foods (Statewide)*

Cherry Capital Foods distributes only Michigan-made and produced products within the state. Please call 231.943.5010 ext. 1 or email [sales@cherrycapitalfoods.com](mailto:sales@cherrycapitalfoods.com) (include subject line "Farm to Institution") for more pricing/purchasing information. Join the Cherry Capital Foods mailing list for up-to-date product information at [cherrycapitalfoods.com](http://cherrycapitalfoods.com).

Variety	Pack	Item Code	Availability	Source
Raspberry Straitpack	25 pound	FO000020	Year-round	Friske Orchards
Raspberry IQF	15 pound	FO000065	Year-round	Friske Orchards
Strawberries IQF	12/2 pound bags	FTF00011	Year-round	Michigan Farm to Freezer
Strawberries IQF	4/5 pound bags	FTF00013	Year-round	Michigan Farm to Freezer
Strawberry Flats	8/1 quarts	GNF00001	June - Mid July	Grossnickle Farms
Strawberry Straitpack	20 pounds	LFE0004	Year-round	Leelanau Fruit



*Photo Credit—Pixabay*



# Blueberries

Photo Credit—iStock

**Fact:**

In 2016, Michigan led the nation in the production of blueberries for the fresh market and third in production for processing.

**Fact:**

The western Michigan counties of Allegan, Berrien, Muskegon, Ottawa and Van Buren are the largest producers of blueberries in the state.

**Nutrition Tip:**

Antioxidants found in blueberries can reduce inflammation linked with chronic conditions such as cardiovascular disease and cancer.



## Full Service (Broadline) Distributors

### Gordon Food Service

Please call 800.968.4164 and provide an item/produce number to receive pricing and purchasing information. You may also visit [gfs.com](http://gfs.com) for more details.

Variety	Pack	Item Code	Availability	Source
Blueberries	12/1 pint	451690	June	Naturipe Farms

### Sysco (Grand Rapids)

Be sure to contact your Sysco representative for all Michigan Produce Items (MIPROD). You may also visit [syscogr.com](http://syscogr.com) for more information.

Variety	Pack	Item Code	Availability
Blueberry Fresh MI	12/1 pint	6669905	When in season

### US Foods

Contact your US Foods sales representative or please visit [usfoods.com](http://usfoods.com) for more information.

Variety	Pack	Item Code	Availability	Source
Blueberries	12/1 pint	451690	June	Naturipe Farms

### Van Eerden Foodservice

Please call 800.833.7374 for pricing/purchasing information or visit [vaneerden.com](http://vaneerden.com) for more details.

Variety	Pack	Item Code	Availability
Blueberries Fresh	12/6 ounce	950	August - September
Blueberries IQF	2/5 pound	20228	Year-round



Photo Credit—Pixabay



## Regional and Specialty Distributors

### *Bowerman Blueberries LTD*

Visit [realblueberries.com](http://realblueberries.com) to learn more about our family farm. Please call 616.399.0567 or email [info@realblueberries.com](mailto:info@realblueberries.com) for pricing/purchasing information.

Variety	Pack	Availability
Blueberry Frozen	30 pound box	Year-round
Blueberry Fresh	10 pound box	July - September

### *Carini Farms, Inc.*

A family-owned farm operating since the early 1940's in West Olive. Please contact Bob Carini by email at [bob@carinifarms.com](mailto:bob@carinifarms.com) or call 616.399.2052. They also offer blueberry mustard, sauces, dried blueberries and dried blueberry powders.

Variety	Pack	Availability
Blueberry Frozen	30 pound carton	Year-round
Blueberry Fresh	6 ounce-10 pound cartons	July - September

### *Cherry Capital Foods*

Cherry Capital Foods distributes only Michigan-made and produced products within the state of Michigan. Please call 231.943.5010 ext. 1 or email [sales@cherrycapitalfoods.com](mailto:sales@cherrycapitalfoods.com) (include subject line "Farm to Institution") for more pricing/purchasing information. Join the Cherry Capital Foods mailing list for up-to-date product information at [cherrycapitalfoods.com](http://cherrycapitalfoods.com).

Variety	Pack	Availability
Blueberry Frozen (IQF)	30 pound tote	Year-round
Organic Blueberry Frozen (IQF)	30 pound tote	Year-round
Fresh Blueberries	5 pound tote	When in season

### *Coastal Produce Distributors*

Locally owned and operated, Coastal Produce is located in Detroit. The company delivers fruits, vegetables, dairy, frozen foods, spices and processed foods throughout Michigan and Northern Ohio. When in season, the company purchases all local produce. Please call 877.291.8304 or visit [coastalproduce.net](http://coastalproduce.net) for detailed product and ordering information.

Variety	Pack	Item Code	Availability
Blueberries	12/6 ounce	BLBR1L	July - August
Blueberries 1/2 Case (6 Each)	6/6 ounce	BLBR2L	July - August
Blueberries 1/4 Case (3 Each)	3/6 ounce	BLBR33L	July - August
Blueberries	6 ounce	BLBR3L	July - August



## Frog Holler

Frog Holler is a chef-driven produce distributor providing farm-fresh fruits and vegetables daily. Please call 734.663.5067 for pricing/purchasing information or visit [froghollerproduce.com](http://froghollerproduce.com) for more details. Frog Holler is able to source many products in addition to those listed.

Variety	Pack	Availability
Fresh Blueberries	12/1 pint	July - August
Fresh Blueberries	10 pound	July - August

## Lumetta Produce

Lumetta Produce is located in Madison Heights and features a variety of fresh produce. Please contact Sam Lumetta for more information at 248.616.1900 or visit [lumettaproduce.com](http://lumettaproduce.com).

Variety	Pack	Item Code	Availability
Blueberry	12/1 pint	Call for purchasing info	When in season
Frozen Blueberry	30 pound	Call for purchasing info	Year-round

## MBG Marketing

MBG Marketing is located in Grand Junction and features a variety of Michigan blueberries in frozen and fresh forms. Please contact Bob Hawk, CEO, for more information at 269.434.6791 or visit [blueberries.com](http://blueberries.com).

Variety	Pack	Availability
Blueberry Fresh	10 pounds bulk	July - September
Blueberry Fresh	5 pounds bulk	July - September
Blueberry Fresh	1 pint	July - September
Blueberry Fresh	Variety of sizes available, from 4.4 ounces to 40 ounces	July - September
Blueberry Frozen IQF	Variety available	Year-round

## Michigan Farm to Freezer

Michigan Farm to Freezer provides frozen fruits and vegetables, harvested fresh from Michigan farms, to institutions and retailers across the state. For more information, visit [mifarmtofreezer.com](http://mifarmtofreezer.com) or call 313.603.3700.

Variety	Pack	Availability
Blueberry Fresh	10 pounds bulk	July - September
Blueberry Fresh	5 pounds bulk	July - September
Blueberry Fresh	1 pint	July - September
Blueberry Fresh	Variety of sizes available, from 4.4 ounces to 40 ounces	July - September



## Naturipe Foods

Naturipe Farms is located in Grand Junction and features a variety of frozen and dried blueberries and value-added blueberry products. Please contact Melanie Laperriere for more information at 269.330.1931 or visit [naturipefarms.com](http://naturipefarms.com).

Variety	Pack	Availability
Blueberry Frozen IQF	Variety available	Year-round
Blueberry Frozen IQF Poly Bag	10 pounds bulk (2 x 5-pounds)	Year-round

## True Blue Blueberries

True Blue is one of the largest producers of blueberries in the country and a major processor and packager for other smaller Michigan producers. Contact Charlie at [charlie@truebluefarms.com](mailto:charlie@truebluefarms.com) to discuss logistics and pricing.

Variety	Pack	Availability
Grade A Berries (fresh whole)	10 pound	When in season
Grade B Berries (for baking/muffins)	10 pound	When in season
Grade A and B	2.5 pound	When in season
Blueberries Frozen	10+ pound	Year-round

## West Michigan FarmLink (Grand Rapids)

West Michigan FarmLink is an online wholesale food hub servicing the greater Grand Rapids area and connecting local area chefs, restaurateurs, institutions and schools with Michigan farmers and producers of good food products. This open exchange's product offerings, growers and availability change weekly, so visit [wmfarmlink.com](http://wmfarmlink.com) or contact Paul Quinn at [quinn@wmfarmlink.com](mailto:quinn@wmfarmlink.com) for up-to-date product listings and pricing.

Variety	Pack	Availability
Blueberries (Fresh)	1 pound	When in season
Blueberries (Fresh)	10 pound	When in season
Blueberries (Fresh)	20 pound	When in season
Blueberries (Fresh)	30 pound	When in season
Frozen Blueberries	10 pound	Year-round
Blueberries, variety available	1 pound-10 pound	July - September



# Carrots

*Photo Credit—Lindsey J. Scalera*



**Fact:**

Montcalm and Oceana counties produce the most carrots in Michigan.

**Fact:**

Frozen and canned carrots are just as nutritious as fresh carrots.

**Fact:**

In terms of production, Michigan ranked fourth in acreage of processed carrots and fourth in total acres of carrots in 2017.



## Full Service (Broadline) Distributors

### Gordon Food Service

Please call 800.968.4164 and provide an item/produce number to receive pricing and purchasing information. You may also visit [gfs.com](http://gfs.com) for more details.

Variety	Pack	Item Code	Availability	Source
Carrot, Jumbo	100 pound	592293	August - October	Nature's Finest
Carrot, Jumbo	50 pound	198501	August - October	Nature's Finest
Carrot, Jumbo Eastern Bag	50 pound	100275	August - October	Nature's Finest

### Sysco (Grand Rapids)

Contact your Sysco representative for all Michigan Produce Items (MIPROD). You may also visit [syscogr.com](http://syscogr.com) for more information.

Variety	Pack	Item Code	Source
Carrot, Large	1/50 pound	6672010	Timmer Farms

## Regional and Specialty Distributors

### Cherry Capital Foods (Statewide)

Cherry Capital Foods distributes only Michigan-made and produced products within the state. Call 231.943.5010 ext. 1 or e-mail [sales@cherrycapitalfoods.com](mailto:sales@cherrycapitalfoods.com) (include subject line "Farm to Institution") for more pricing/purchasing information. Join the Cherry Capital Foods mailing list for up-to-date product information at [cherrycapitalfoods.com](http://cherrycapitalfoods.com).

Variety	Pack	Availability
Carrot, Bulk	50 pound	October - March
Carrot, Organic, Bulk	12 pound	July - April
Carrot, Organic, Rainbow, Bulk	12 pound	July - April
Carrot, Organic, Bunched	10 bunch	July - November
Carrot, Organic, Rainbow, Bunched	10 bunch	July - November
Carrot, IQF Sliced, 3/8-inch thickness	20 pound	Year-round
Carrot, IQF Sliced	5/4 pound	Year-round
Carrot, IQF Sliced, Retail	12/2 pound	Year-round

### Coastal Produce Distributors

Locally owned and operated, Coastal Produce is located in Detroit and delivers fruits, vegetables, dairy, frozen foods, spices and processed foods throughout Michigan and Northern Ohio. Coastal Produce purchases all local produce when in season. Please call 877.291.8304 or visit [coastalproduce.net](http://coastalproduce.net) for detailed product and ordering information.

Variety	Pack	Item Code	Availability
Carrots, Bulk	25 pound	CARRBU1L	July - February
Carrots, Bulk	5 pound	CARRBU45L	July - February



## Frog Holler

Frog Holler is a chef-driven produce distributor providing farm-fresh fruits and vegetables daily. Please call 734.663.5067 for pricing/purchasing information or visit [froghollerproduce.com](http://froghollerproduce.com) for more details. Frog Holler is able to source many products in addition to those listed.

Variety	Pack	Availability
Fresh Carrots	25 pound	July - October
Fresh Carrots, bunched	24 count	July - October

## LaGrasso Bros. Produce

This wholesale foodservice and fresh produce distributor is based in southeast Michigan. Contact Tom LaGrasso III at 313.579.1455 for more information and to order.

Variety	Pack	Item Code	Availability
Carrots, Jumbo	25 pound	2805	August - December

## Michigan Farm to Freezer

Michigan Farm to Freezer provides frozen fruits and vegetables, harvested fresh from Michigan farms, to institutions and retailers across the state. For more information, visit [mifarmtofreezer.com](http://mifarmtofreezer.com) or call 313.603.3700.

Variety	Pack	Item Code	Availability	Source
IQF Diced Carrot Mix	4/5 pound or 12/2 pound	CVG50505	Year-round	Malburg Farm
IQF Organic Diced Carrot Mix	4/5 pound or 12/2 pound	OVG50405	Year-round	Second Spring Farm, Providence Farm

## Pearson Foods Corporation (Grand Rapids)

Pearson Foods is a processor and distributor that sources, sells and processes Michigan produce. Contact a representative at 616.245.5053 or visit [pearsonfoods.com](http://pearsonfoods.com) for pricing information and more details.

Variety	Pack	Availability
Carrots, Jumbo	50 pound	September - February
Carrots, Jumbo	10 pound	September - February
Carrots, Diced, 1/2-inch	2/5 pound	September - February
Carrots, Shredded, 1/8-inch	2/5 pound	September - February
Carrots, Sticks, 4-inch	2/5 pound	September - February
Carrots, Coins	2/5 pound	September - February
Carrots, Coins, individually wrapped	100/2 ounce	September - February
Carrots, Coins, individually wrapped	50/2 ounce	September - February



# Cucumbers

*Photo Credit—Sarah Garner*



**Fact:**

In 2017, Michigan ranked second in the U.S. for production of pickling cucumbers and third for fresh market cucumbers.

**Fact:**

Cucumbers are low in calories due to high water content.

**Fact:**

Sold fresh to be eaten immediately, slicing cucumbers tend to have thicker skins and are longer and darker green than pickling cucumbers.



## Full Service (Broadline) Distributors

### Gordon Food Service

Please call 800.968.4164 and provide an item/produce number to receive pricing and purchasing information. You may also visit [gfs.com](http://gfs.com) for more details.

Item	Pack	Item Code	Availability	Source
Cucumber	6 count	100435	July - September	Superior Sales
Cucumber Dill Pickling	40 pound	231594	July - September	Superior Sales
Cucumber Select	2 pound - 50 pound	805940	July - September	Superior Sales
Cucumber Select	4/6 count	361510	July - September	Superior Sales
Cucumber Select	6 count	592323	July - September	Superior Sales
Cucumber Select Super	45 pound	198587	July - September	Superior Sales

### Van Eerden Foodservice Company

Please call 800.833.7374 for pricing/purchasing information or visit [vaneerden.com](http://vaneerden.com) for more details.

Item	Pack	Item Code	Availability	Source
Cucumbers	24 count	6115	July - September	Ruhlig Farms/Sandy Ridge Farms
Cucumbers select	60 count	6125	July - September	Ruhlig Farms/Sandy Ridge Farms

## Regional and Specialty Distributors

### Cherry Capital Foods (Statewide)

Cherry Capital Foods distributes only Michigan-made and produced products within the state of Michigan. Please call 231.943.5010 ext. 1 or email [sales@cherrycapitalfoods.com](mailto:sales@cherrycapitalfoods.com) (include subject line "Farm to Institution") for more pricing/purchasing information. Join the Cherry Capital Foods mailing list for up-to-date product information at [cherrycapitalfoods.com](http://cherrycapitalfoods.com).

Item	Pack	Item Code	Availability	Source
Cucumber Organic	15 pound	SEC010	July - September	Second Spring
Cucumber Pickling	half bushel	VAN008	July - September	Vanooteghem
Cucumber	bushel	VAN011	July - September	Vanooteghem



Photo Credit—Pixabay



# Peppers

*Photo Credit—Lee Walters*

**Fact:**

In 2015, 1,500 farms produced peppers, covering 2,200 acres across Michigan. About 900 of these farms produce bell peppers.

**Safe Handling:**

Wear gloves when handling hot peppers, such as chili peppers. Capsaicin, one of the chemicals that make peppers hot, can burn skin and is especially painful if it comes into contact with your eyes.

**Fact:**

Peppers grown for processing are often harvested mechanically. The machine commonly used to harvest them is made in Saginaw, Michigan.



## The spectrum of spiciness: measuring heat levels in peppers

Domesticated in Mexico, peppers have been used to make bland dishes more appealing for thousands of years. Peppers are a hot weather crop, and they are only produced in Michigan over the summer, ready for harvest between July and October and into November by extending the season. There are hundreds of varieties of peppers, and they are generally classified as either sweet or spicy.

Peppers are unique vegetables because they contain alkaloids called capsaicinoids that make hot peppers spicy. These compounds are mostly concentrated in the lightly colored “ribs” found inside peppers. Pepper seeds do not contain any of these compounds, but they can taste spicy because they come into contact with the pepper ribs. The spiciness of peppers is typically measured on the Scoville scale, ranging from zero Scovilles (SHUs) to over 1,000,000! Sweet peppers such as bells, sweet bananas and pimentos typically rate at or below 100 SHU, hotter peppers like serranos are in the range of 5,000 to 15,000 SHUs, and some of the hottest peppers, such as the ghost pepper, can rate from 800,000 to over 1,000,000 SHUs. Due to the extreme spiciness of these peppers, they are mostly used in very small quantities. Sweet peppers, mainly bell pepper varieties, make up the majority of pepper production in Michigan, and are suitable for eating raw and do not come with the risk of a burnt tongue.

## Full Service (Broadline) Distributors

### Gordon Food Service

Please call 800.968.4164 and provide an item/produce number to receive pricing and purchasing information. You may also visit [gfs.com](http://gfs.com) for more details.

Variety	Pack	Item Code	Availability	Source
Green Peppers Large	25 pound/60-70 count	198757	Mid-July - September	Superior Sales
Green Peppers Medium	1/20 pound average	206059	Mid-July - September	Superior Sales
Green Peppers	1/20 pound	280437	August - September	Superior Sales
Green Peppers Large	1/5 pound	592315	Mid-July - September	Superior Sales
Green Peppers	1/10 pound	708510	Mid-July - September	Superior Sales
Green Peppers	12 count	100995	Mid-July - September	Superior Sales
Green Peppers Large	4-5 pound	361501	Mid-July - September	Superior Sales
Green Peppers Medium-Large	1/25 pound	100989	Mid-July - September	Superior Sales
Green Peppers Extra Large	40-50 count/25 pound average	147192	Mid-July - September	Superior Sales

### Sysco (Grand Rapids)

Be sure to contact your Sysco representative for all Michigan Produce Items (MIPRO). You may also visit [sysco.com](http://sysco.com) for more information.

Variety	Pack	Item Code	Availability
Pepper Anaheim	1/10 pound	6725032	Starts mid-July
Pepper Poblano	1/10 pound	6728392	Starts mid-July
Pepper Jalapeno Fresh	1/10 pound	6725137	Starts mid-July
Pepper Green Chopper	1/25 pound	6674400	Starts mid-July
Pepper Green Fresh	1/5 pound	6674370	Starts mid-July
Pepper Green Large	1/25 pound	6674386	Starts mid-July



## US Foods

Contact your sales representative or please visit [usfoods.com](http://usfoods.com) for more information and for Michigan pepper item codes.

Variety	Pack	Availability
Pepper Anaheim	1/10 pound	Starts mid-July
Pepper Poblano	1/10 pound	Starts mid-July
Pepper Yellow Hot	1/10 pound	Starts mid-July
Pepper Jalapeno Fresh	1/10 pound	Starts mid-July
Pepper Jalapeno Fresh	1/5 pound	Starts mid-July
Pepper Serrano	1/10 pound	Starts mid-July
Pepper Green Chopper	1/25 pound	Starts mid-July
Pepper Green Fresh	1/5 pound	Starts mid-July
Pepper Green Large	1/25 pound	Starts mid-July
Pepper Green Medium	1/25 pound	Starts mid-July

## Van Eerden Foodservice Company

Please call 800.833.7374 for pricing/purchasing information or visit [vaneerden.com](http://vaneerden.com) for more details.

Variety	Pack	Item Code	Availability
Peppers, Large Green	1-1/9 bushel	6608	June - August
Peppers, Medium Green	1-1/9 bushel	6610	June - August
Peppers Green Large	1-1/9 bushel	6605	June - August



Photo Credit—Pixabay



## Regional and Specialty Distributors

### Cherry Capital Foods (Statewide)

Cherry Capital Foods distributes only Michigan-made and produced products within the state of Michigan. Please call 231.943.5010 ext. 1 or email [sales@cherrycapitalfoods.com](mailto:sales@cherrycapitalfoods.com) (include subject line "Farm to Institution") for more pricing/purchasing information. Join Cherry Capital Foods mailing list for up-to-date product information at [cherrycapitalfoods.com](http://cherrycapitalfoods.com).

Variety	Pack	Availability
Anaheim Peppers	1/10 pound	August - October
Cubanelle Peppers	1/10 pound	August - October
Jalapeno Peppers	1/10 pound	August - October
Serrano Peppers	1/10 pound	August - October
Mixed Color Bell Peppers	1/5 pound	August - October
Green Bell Peppers	1/10 pound	August - October
Red Bell Peppers	1/25 pound	August - October

### Coastal Produce Distributors

Locally owned and operated, Coastal Produce is located in Detroit. The company delivers fruits, vegetables, dairy, frozen foods, spices and processed foods throughout Michigan and Northern Ohio. When in season, the company purchases all local produce. Please call 877.291.8304 or visit [coastalproduce.net](http://coastalproduce.net) for detailed product and ordering information.

Variety	Pack	Item Code	Availability
Peppers, Anaheim	24 count	PEPAN AHL	July - October
Peppers, Honkey Hot (Banana)	25 count	PEPBAN1L	July - October
Peppers, Diced	2/5 pound	PEPDI1L	July - October
Peppers, Diced Green	5 pound	PEPDI2L	July - October
Peppers, Green	60 count	PEPGR1L	July - October
Peppers, Green	30 count	PEPGR2L	July - October
Peppers, Green	12 count	PEPGR312L	July - October
Peppers, Green	15 count	PEPGR315L	July - October
Peppers, Green	6 count	PEPGR36L	July - October
Peppers, Green	8 count	PEPGR38L	July - October
Peppers, Green	1 count	PEPGR3L	July - October
Peppers, Habanero	10 pound	PEPHAB1L	July - October
Peppers, Habanero	2.5 pound	PEPHABQL	July - October
Peppers, Sliced Green	2/5 pound	PEPSL1L	July - October
Peppers, Sliced Green	5 pound	PEPSL2L	July - October



## Frog Holler

Frog Holler is a chef-driven produce distributor providing farm-fresh fruits and vegetables daily. Please call 734.663.5067 for pricing/purchasing information or visit [froghollerproduce.com](http://froghollerproduce.com) for more details. Frog Holler is able to source many products in addition to those listed.

Variety	Pack	Availability
Fresh Green Peppers	25 pound	July - October
Fresh Jalapeno Peppers	25 pound	July - October
Fresh Poblano Peppers	20 pound	July - October
Fresh Habanero Peppers	10 pound	July - October
Fresh Anaheim Peppers	10 pound	July - October
Fresh Hungarian Hot Peppers	10 pound	July - October
Fresh Cherry Bomb Peppers	10 pound	July - October
Fresh Serrano Peppers	10 pound	July - October

## Michigan Farm to Freezer

Michigan Farm to Freezer provides frozen fruits and vegetables, harvested fresh from Michigan farms, to institutions and retailers across the state. For more information, visit [mifarmtofreezer.com](http://mifarmtofreezer.com) or call 313.603.3700.

Variety	Pack	Item Code	Availability	Source
IQF Sweet Peppers	4/5 pound or 12/2 pound	CVG41204	Year-round	Middleton Farm
IQF Organic Sweet Peppers	4/5 pound or 12/2 pound	OVG50204	Year-round	Coveyou Secnic Farm, MSU Student Organic Farm

## Pearson Foods Corporation (Grand Rapids)

Pearson Foods is a processor and distributor that sources, sells and processes Michigan produce. Contact a representative at 616.245.5053 or visit [pearsonfoods.com](http://pearsonfoods.com) for pricing information and more details.

Variety	Pack	Availability
Green Peppers (Diced 3/8")	2 or 5 pounds	July - October
Green Peppers (Sliced 3/8")	2 or 5 pounds	July - October
Orange Peppers (Diced 3/8")	2 or 5 pounds	When in season
Orange Peppers (Sliced 3/8")	2 or 5 pounds	When in season
Red Peppers (Diced 3/8")	2 or 5 pounds	When in season
Red Peppers (Sliced 3/8")	2 or 5 pounds	When in season
Yellow Peppers (Diced 3/8")	2 or 5 pounds	When in season
Yellow Peppers (Sliced 3/8")	2 or 5 pounds	When in season
Tri Peppers (Green, Yellow, and either Orange or Red), Diced 3/8"	2 or 5 pounds	When in season
Tri Peppers (Green, Yellow, and either Orange or Red), Sliced 3/8"	2 or 5 pounds	When in season



# Stone Fruit

*Photo Credit—Lindsey J. Scalera*



**Fact:** Michigan ranks fourth in the nation for peach production and fifth for plum production.

**Fact:** Up to 16,000 tons of peaches valued at over \$12 million are produced in Michigan annually.



## What Makes a Fruit a Stone Fruit?

The more common varieties of fruit that fall into the category of “stone fruits” include peaches, plums, apricots and nectarines. (Cherries, the Cultivate Michigan featured food of winter 2016, are also considered a stone fruit.) Stone fruits are most easily identifiable by their hard inner pit, which in some cases resembles a stone. These stones are referred to as drupes in the horticultural world and act as a protector for the seeds within them.



Photo Credit—Pixabay

## Full Service (Broadline) Distributors:

### Gordon Food Service

Please call 800.968.4164 and provide an item/produce number to receive pricing and purchasing information. You may also visit [gfs.com](http://gfs.com) for more details.

Variety	Pack	Item Code	Availability	Source
Peaches	25 pound	197091	August - September	Bauman Orchards

### US Foods

Contact your sales representative or please visit [usfoods.com](http://usfoods.com) for more details.

Variety	Pack	Item Code	Availability
Peaches	38 pound	6674271	August - September

### Van Eerden Foodservice Company

Please call 800.833.7374 for pricing/purchasing information or visit [vaneerden.com](http://vaneerden.com) for more details.

Variety	Pack	Item Code	Availability
Peaches Fresh	18 pound	2765	May - September
Peaches Sliced (IQF)	4/5 pound	79139	Year-round
Plums Black	28 pound	3000	May - September
Dried Apricots (FFG)	5 pound	13237	Year-round



# Regional and Specialty Distributors

## Cherry Capital Foods

Distributes only Michigan-made and produced products within the state of Michigan. Please call 231.943.5010 ext. 1 or email [Sales@cherrycapitalfoods.com](mailto:Sales@cherrycapitalfoods.com) (include subject line "Farm to Institution") for additional pricing/purchasing information. Join the Cherry Capital Foods mailing list for up-to-date product information at [cherrycapitalfoods.com](http://cherrycapitalfoods.com).

Variety	Pack	Item Code	Availability	Source
Apricots	20 Pound	BF000009	July - August	Bardenhagen Farm
Apricots	20 Pound	FF000001	July - August	Fredrickson Farm
Plum, Stanley	25 Pound	FF000004	August - September	Fredrickson Farm
Apricots	20 Pound	FO000043	July - August	Friske Orchards
Nectarines	25 Pound	FO000045	August - September	Friske Orchards
Peach	25 Pound	FO000046	August - September	Friske Orchards
Plum, Satsuma	20 Pound	FO000049	August - September	Friske Orchards
Plum, Prune	30 Pound	FO000050	August - September	Friske Orchards
Plum, Shiro	25 Pound	FO000051	August - September	Friske Orchards
Apricots	20 Pound	GAV00017	July - August	Gavin Orchards
Nectarines	25 Pound	GAV00018	July - September	Gavin Orchards
Peach, Saturn	25 Pound	GAV00019	August - September	Gavin Orchards
Peach, White Flesh	23 Pound	GAV00020	August - September	Gavin Orchards
Peach	Half Bushel	GAV00021	August - September	Gavin Orchards
Plum, Prune	Half Bushel	GAV00022	August - September	Gavin Orchards
Plum, Yellow Shiro	Half Bushel	GAV00035	August - September	Gavin Orchards
Peach Yellow	23 Pound	GAV00036	August - September	Gavin Orchards
Peach, Red Haven	23 Pound	GAV00044	August - September	Gavin Orchards
Peach, Saturn	23 Pound	GAV00045	August - September	Gavin Orchards
Nectarines	Half Bushel	KO000001	August - September	King Orchards
Peach	Half Bushel	KO000002	August - September	King Orchards
Plum, Stanley	Half Bushel	KO000004	August - September	King Orchards
Peach, Organic White Flesh	12 Count	NNO00032	August - September	Northern Natural Organics
Nectarines	18 Pound	WF000008	August - September	Wunsch Farms
Peach, IQF Slices	12/2 Pound	FTF00008	Year-round	Farm to Freezer
Peach, IQF Slices	4/5 Pound	FTF00018	Year-round	Farm to Freezer
Peach, IQF Slices	12/2 Pound	FTF00019	Year-round	Farm to Freezer
Peach, IQF Slices	6 Pound	LFE00007	Year-round	Leelanau Fruit
Peach, IQF Slices	40 Pound	SMO00011	Year-round	Smeltzer Orchards



## Coastal Produce Distributors

Locally owned and operated, Coastal Produce is located in Detroit and delivers fruits, vegetables, dairy, frozen foods, spices and processed foods throughout Michigan and Northern Ohio. Coastal Produce purchases all local produce when in season. Please call 877.291.8304 or visit [coastalproduce.net](http://coastalproduce.net) for detailed product and ordering information.

Variety	Pack	Item Code	Availability
Peaches	30 count	PEACH1L	July - September
Peaches	2/15 count	PEACH2L	July - September
Peaches	4/8 count	PEACHQL	July - September

## Frog Holler

Frog Holler is a chef-driven produce distributor providing farm-fresh fruits and vegetables daily. Please call 734.663.5067 for pricing/purchasing information or visit [froghollerproduce.com](http://froghollerproduce.com) for more details. Frog Holler is able to source many products in addition to those listed.

Variety	Pack	Availability
Fresh Peaches	25 pound	July - September

## Michigan Farm to Freezer

Michigan Farm to Freezer provides frozen fruits and vegetables, harvested fresh from Michigan farms, to institutions and retailers across the state. For more information, visit [mifarmtofreezer.com](http://mifarmtofreezer.com) or call 313.603.3700.

Variety	Pack	Item Code	Availability	Source
Peach Slices (IQF)	4/5 pound or 12/2 pound case	CFR20305	Year-round	Peterson Farms



Photo Credit—Pixabay



# Broccoli

**Fact:**

Broccoli is a cool season crop, most often planted in spring or fall in Michigan.

**Fact:**

Broccoli is a good source of folate and vitamins C and K.

**Fact:**

No mechanical harvesters available, so broccoli is harvested by hand.



## Regional and Specialty Distributors

### *Cherry Capital Foods (Statewide)*

Cherry Capital Foods distributes only Michigan-made and produced products within the state of Michigan. Please call 231.943.5010 ext. 1 or email [sales@cherrycapitalfoods.com](mailto:sales@cherrycapitalfoods.com) (include subject line "Farm to Institution") for more pricing/purchasing information. Join the Cherry Capital Foods mailing list for up-to-date product information at [cherrycapitalfoods.com](http://cherrycapitalfoods.com).

Item	Pack	Item Code	Availability	Source
Broccoli Organic	5 pounds	SEC018	August-October	Second Spring Organic Farms
Broccoli	8 pounds	MBF001	August-October	Middle Branch Farm
Broccoli Frozen (IQF)	4/5 pound	FTF015	Year Round	Farm to Freezer



*Photo Credit—Pixabay*



# Celery

Photo Credit—Lindsey J. Scalera



**Fact:**

Michigan ranked second in the country for celery production in 2017.

**Fact:**

Michigan celery production began in Kalamazoo and now stretches through southwest counties of the state.

**Fact:**

Celery is a good source of vitamin C, potassium, and dietary fiber.



## Full Service (Broadline) Distributors

### *Gordon Food Service*

Please call 800.968.4164 and provide an item/produce number to receive pricing and purchasing information. You may also visit [gfs.com](http://gfs.com) for more details.

Variety	Pack	Item Code	Availability	Source
Celery	30 count	762640	May - August	Superior Sales
Celery Hearts	10/2 Count	184710	May - August	Superior Sales

### *Sysco (Grand Rapids)*

Contact your Sysco representative for all Michigan Produce Items (MIPROD). You may also visit [syscogr.com](http://syscogr.com) for more information.

Variety	Pack	Item Code
Celery	30 count	6669974
Celery	24 count	6905289

## Regional and Specialty Distributors

### *Cherry Capital Foods (Statewide)*

Cherry Capital Foods distributes only Michigan-made and produced products within the state of Michigan. Please call 231.943.5010 ext. 1 or email [sales@cherrycapitalfoods.com](mailto:sales@cherrycapitalfoods.com) (include subject line "Farm to Institution") for more pricing/purchasing information. Join the Cherry Capital Foods mailing list for up-to-date product information at [cherrycapitalfoods.com](http://cherrycapitalfoods.com).

Variety	Pack	Item Code	Availability	Source
Celery Organic	8 count	SEC00038	August - November	Second Spring Farm
Celery	24 count	VIC00017	August - November	Victory Farms

### *Frog Holler*

Frog Holler is a chef-driven produce distributor providing farm-fresh fruits and vegetables daily. Please call 734.663.5067 for pricing/purchasing information or visit [froghollerproduce.com](http://froghollerproduce.com) for more details. Frog Holler is able to source many products in addition to those listed.

Variety	Pack	Availability
Fresh Celery	24 count	July - October



# Potatoes

*Photo Credit—Eat Local Food, LLC*



## **Storage Tip:**

Store potatoes in a cool, well-ventilated place where they are not exposed to sunlight.

## **Fact:**

As of 2016, Michigan was home to more than 70 potato farms, most of which are multi-generational family farms.



## Full Service (Broadline) Distributors

### Gordon Food Service

Please call 800.968.4164 and provide an item/produce number to receive pricing and purchasing information. You may also visit [gfs.com](http://gfs.com) for more details.

Variety	Pack	Item Code	Availability	Source
Potato, Great Lakes	140 count	199559	August - May	Walther Farms
Potato, Great Lakes	100 count	599100	August - May	Walther Farms
Potato, Great Lakes	120 count	599110	August - May	Walther Farms
Potato, Great Lakes	140 count	199559	August - May	Walther Farms
Potato, Russet #2	50 pound	770100	August - May	Walther Farms
Potato, Chef #2	50 pound	101105	September - March	Michael Family Farms
Potato, Chef Special	50 pound	198803	September - March	Michael Family Farms
Potato, Red "A" Size	50 pound	530018	September - March	Cedar Valley
Potato, Red "B" Size	5/10 pound	677531	September - March	Cedar Valley
Potato, Red "B" Size	50 pound	200476	September - March	Cedar Valley
Potato, Red "B" Size	50 pound	238460	September - March	Cedar Valley
Potato, Red "C" Size	1/50 pound	527930	September - March	Cedar Valley
Potato, Yukon Gold	50 pound	439057	September - March	Michael Family Farms
Potato, Yukon Gold "A" Size	1/50 pound	517322	September - March	Michael Family Farms

### Sysco (Grand Rapids)

Contact your Sysco representative for all Michigan Produce Items (MIPROD). You may also visit [syscogr.com](http://syscogr.com) for more information.

Variety	Pack	Item Code	Availability
Potato, White	50 pound	6674507	August - July

### US Foods

Contact your sales representative or visit [usfoods.com](http://usfoods.com) for more information.

Variety	Pack	Availability	Source
Potato, White	50 pound	When in season	Elmapple Farms



## Van Eerden Foodservice

Please call 800.833.7374 for pricing/purchasing information or visit [vaneerden.com](http://vaneerden.com) for more details.

Variety	Pack	Item Code	Availability
Potato, White	50 pound	7949	When in season
Potatoes Tri Color Fingerling (SPEC)	50 pound	3391	Year-round
Potatoes Purple Fingerling (SPEC)	10 pound	3392	Year-round
Potatoes Fingerling	50 pound	3687	Year-round
Potatoes Purple (SPEC)	50 pound	3688	Year-round
Potatoes Tri Color Finger (SPEC)	10 pound	3690	Year-round
Fingerling Potatoes	10 pound	3691	Year-round
Potatoes Kennebec	50 pound	3692	Year-round
Potatoes Yukon Gold B Size	50 pound	3845	Year-round
Potatoes Yukon Gold A Size	50 pound	3905	Year-round
Potatoes Baker (GFT)	40 count	7703	Year-round
Potatoes Baker (GFT)	100 count	7719	Year-round
Potatoes Baker (GFT)	60 count	7721	Year-round
Potatoes Baker (GFT)	70 count	7722	Year-round
Potatoes Baker #2 (GFT)	50 pound	7728	Year-round
Potatoes Baker #2 (GFT)	50 pound	7729	Year-round
Potatoes Red A Size	50 pound	7805	Year-round
Potatoes Red B Size	50 pound	7812	Year-round
Potatoes Red A Size #2	50 pound	7816	Year-round
Potatoes Red Poly Bag	10/5-pound	7826	Year-round
Potatoes Baker (GFT)	90 count	7951	Year-round
Potatoes Baker (GFT)	80 count	7955	Year-round

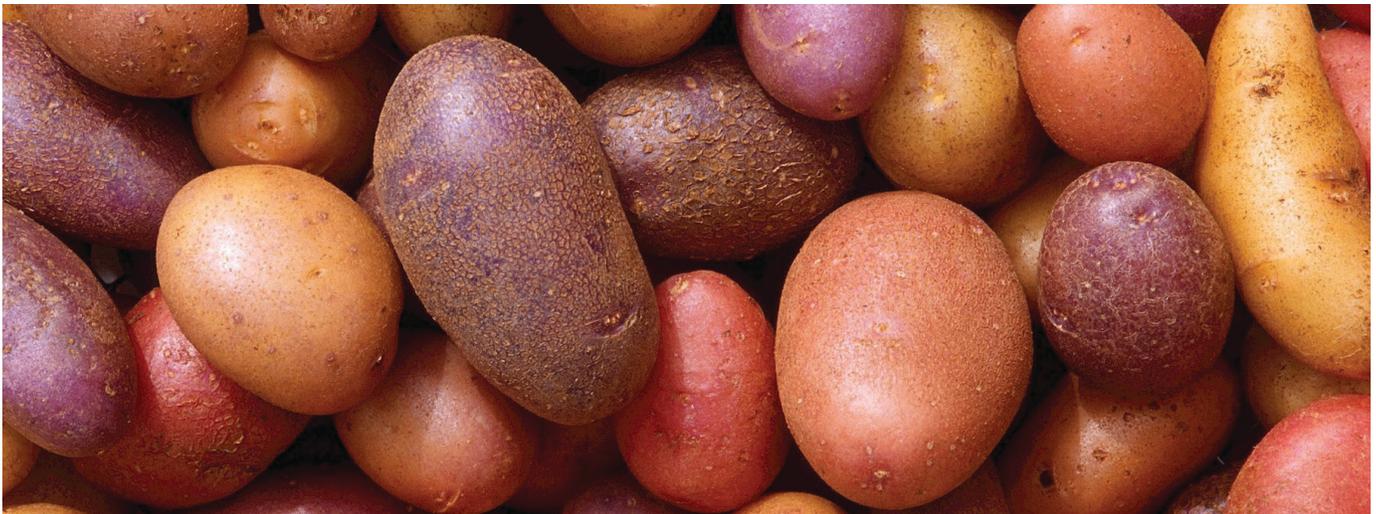


Photo Credit—Pixabay



## Regional and Specialty Distributors

### *Atlas Wholesale Food Company (Detroit)*

Atlas is a broadline food service distributor that has been based in the city of Detroit for more than 67 years. Atlas's locally owned and operated fleet of trucks distributes to restaurants, institutions and Head Start programs in southeast Michigan. Contact Atlas at [Sales@AtlasWFC.com](mailto:Sales@AtlasWFC.com) for more information.

Variety	Pack	Item Code
Sliced American Fresh	20 pound	615-61
Hashbrown, Diced	20 pound	615-62
Hashbrown, Sliced	20 pound	615-60
Potatoes #2	50 pound	681-00
Potatoes, White	50 pound/40 count	651-26
Potatoes, White	50 pound/60 count	651-28
Potatoes, White	50 pound/70 count	651-29
Potatoes, White	50 pound/80 count	650-01
Potatoes, White	50 pound/90 count	651-30
Potatoes, White	50 pound/100 count	651-31
Potatoes, White	50 pound/120 count	651-33
Red Skin, B-size	5 pound	650-03
Potatoes, Red Skin, A-size	50 pound	650-08
Potatoes, Red Skin, B-size	50 pound	650-02
Potatoes, Yukon Gold	50 pound	650-04

### *Cherry Capital Foods (Statewide)*

Cherry Capital Foods distributes only Michigan-made and produced products within the state of Michigan. Please call 231.943.5010 ext. 1 or email [sales@cherrycapitalfoods.com](mailto:sales@cherrycapitalfoods.com) (include subject line "Farm to Institution") for more pricing/purchasing information. Join the Cherry Capital Foods mailing list for up-to-date product information at [cherrycapitalfoods.com](http://cherrycapitalfoods.com).

Variety	Pack	Source
Chefs White	50 pound	Vanooteghem Farm
Russet	50 count	Kitchen Farms
Russet	90 count	Kitchen Farms
Yellow A	50 pound	Kitchen Farms
Yellow B	50 pound	Kitchen Farms
Golden Fingerling	10 pound	Middle Branch Farm
New Red A	20 pound	Middle Branch Farm
New Red B	20 pound	Middle Branch Farm
New Red C	10 pound	Middle Branch Farm
Purple Fingerling	10 pound	Stutzman Family Farm
New Red	40 pound	Bardenhagen Farm
New White	40 pound	Bardenhagen Farm



## Coastal Produce Distributors

Locally owned and operated, Coastal Produce is located in Detroit and delivers fruits, vegetables, dairy, frozen foods, spices and processed foods throughout Michigan and Northern Ohio. Coastal Produce purchases all local produce when in season. Please call 877.291.8304 or visit [coastalproduce.net](http://coastalproduce.net) for detailed product and ordering information.

Variety	Pack	Item Code	Availability
Potatoes, Michigan	50 pound	POTMI	Year-round
Potatoes, Michigan	5 pound	POTMI45	Year-round
Potatoes, Sliced	2/10 pound	POTSL1L	Year-round
Potatoes, Sliced Uncooked	25 pound	POTSL25	Year-round
Potatoes, Sliced Thin	10 pound	POTSLTHN1	Year-round

## Frog Holler

Frog Holler is a chef-driven produce distributor providing farm-fresh fruits and vegetables daily. Please call 734.663.5067 for pricing/purchasing information or visit [froghollerproduce.com](http://froghollerproduce.com) for more details. Frog Holler is able to source many products in addition to those listed.

Variety	Pack	Availability
White Potatoes	50 pound	August - March

## Pearson Foods Corporation (Grand Rapids)

Pearson Foods is a processor and distributor that sources, sells and processes Michigan produce. Contact a representative at 616.245.5053 or visit [pearsonfoods.com](http://pearsonfoods.com) for pricing information and more details.

Variety	Pack	Availability
Potatoes, Russet	10 pound	September - February
Potatoes, Russet	25 pound	September - February
Potatoes, Russet	50 pound	September - February
Potatoes, Red, B-size	10 pound	September - December
Potatoes, Red, B-size	50 pound	September - December



## Pellerito Foods (Detroit)

Offering fresh processed produce, Pellerito Foods is the oldest known fresh-cut vegetable company in business today. The company services a regional market from its Eastern Market home of over 65 years. For more information and to order, contact Jeff Yezback at [jyezback@pelleritofoods.com](mailto:jyezback@pelleritofoods.com) or call 313.831.3346.

Variety	Pack	Item Code	Availability
Pre-cooked Hashbrown Potato	2/10 pound	731	Year-round
Pre-cooked Sliced Potato	2/10 pound	743	Year-round
Pre-cooked Diced Potato	2/10 pound	719	Year-round
Pre-cooked Diced Red Skin Potato	2/10 pound	729.8	Year-round
Whole Peeled Potatoes	25 pound	623	Year-round
Quartered Red Skin Potatoes	25 pound	665	Year-round
Whole Peeled B-size Potatoes	25 pound	642	Year-round
Diced Fresh Potatoes	25 pound	686	Year-round
Diced Red Skin Potatoes	25 pound	761	Year-round
Pre-cooked Diced Sweet Potatoes	2/10 pound	748.1	Year-round



Photo Credit—Pixabay



# Salad Greens

Photo Credit—Lindsey J. Scalera

**Fact:**

Hudsonville, Michigan, earned the nickname “Michigan’s Salad Bowl” because of its fertile muck soils.

**Nutrition Tip:**

Many salad greens meet the USDA’s Dark Green Vegetable requirement for school nutrition programs.

**Storage Tip:**

To reduce the risk of pathogen growth, maintain cut leafy greens at 41°F or lower during storage and display.



## So Many Possibilities for Your Salad

Salad greens are vegetables harvested for their leaf and petiole, the stem portion of the leaf. The 2009 Food Code states that “leafy greens” include iceberg lettuce, romaine lettuce, leaf lettuce, butter lettuce, baby leaf lettuce, escarole, endive, spring mix, spinach, cabbage, kale, arugula and chard. Asian leafy vegetables such as pac choi and tatsoi are also gaining popularity as salad greens in their baby leaf and microgreen forms.

## When Are Different Greens Available in Michigan?

Some greens are more heat- or cold-tolerant than others. For example, lettuce does not tend to grow well in hot weather, so Michigan-grown lettuce is scarce in July and August. Most salad greens can be harvested in Michigan all winter long using season extension techniques such as hoopouses.

■ Field Fresh    ■ Extended Season

Crop	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
Arugala	Extended	Extended	Extended	Extended	Field Fresh	Field Fresh			Field Fresh	Field Fresh	Extended	Extended
Asian greens	Extended	Extended	Extended	Extended	Field Fresh	Field Fresh			Field Fresh	Field Fresh	Extended	Extended
Chard and beet greens	Extended	Extended	Extended	Extended	Extended	Field Fresh	Field Fresh	Field Fresh	Field Fresh	Field Fresh	Extended	Extended
Collard, mustard, and turnip greens	Extended	Extended	Extended	Extended	Field Fresh	Field Fresh	Field Fresh	Field Fresh	Field Fresh	Field Fresh	Extended	Extended
Kale	Extended	Extended	Extended	Extended	Extended	Field Fresh	Field Fresh	Field Fresh	Field Fresh	Field Fresh	Extended	Extended
Lettuce					Field Fresh	Field Fresh	Field Fresh	Field Fresh	Field Fresh	Field Fresh	Extended	Extended
Baby leaf greens	Extended	Extended	Extended	Extended	Field Fresh	Field Fresh			Field Fresh	Field Fresh	Extended	Extended
Spinach	Extended	Extended	Extended	Extended	Field Fresh	Field Fresh			Field Fresh	Field Fresh	Field Fresh	Extended

\*Information modified from the Michigan Produce Availability Chart, available from the MSU Center for Regional Food Systems at [foodsystems.msu.edu](http://foodsystems.msu.edu).

## The following salad greens meet the USDA’s Dark Green Vegetable requirement for school nutrition programs:

- Beet greens                      Endive                              Kale                                  Mustard greens                  Swiss chard
- Chicory                            Escarole                            Lettuce, dark green              Pac choi (bok choy)              Turnip greens
- Collard greens                  Fresh parsley                      Lettuce, romaine                  Spinach                              Watercress



## Full Service (Broadline) Distributors

### Gordon Food Service

Please call 800.968.4164 and provide an item/produce number to receive pricing and purchasing information. You may also visit [gfs.com](http://gfs.com) for more details.

Variety	Pack	Item Code	Availability	Source
Lettuce Romaine	24 count	805000	July - September	Superior Sales

### Van Eerden Foodservice Company

Please call 800.833.7374 for pricing/purchasing information or visit [vaneerden.com](http://vaneerden.com) for more details.

Variety	Pack	Item Code	Availability	Source
Lettuce Cello Wrapped (GFT)	24 count	6335	June - September	
Lettuce Cleaned & Trimmed (GFT)	4/6 count	6340	June - September	
Lettuce Red Leaf (GFT)	24 count	6425	June - September	
Lettuce Green Leaf (GFT)	24 count	6450	June - September	
Lettuce Romaine Hearts (GFT)	12/3 count	6734	June - September	
Lettuce Romaine (GFT)	24 count	6735	June - September	
Mix Local Organic	2/2.5-pound	6456	Year-round	Green Spirit

## Regional and Specialty Distributors

### Cherry Capital Foods

Cherry Capital Foods distributes only Michigan-made and produced products within the state of Michigan. Please call 231.943.5010 ext. 1 or email [sales@cherrycapitalfoods.com](mailto:sales@cherrycapitalfoods.com) (include subject line "Farm to Institution") for more pricing/purchasing information. Join the Cherry Capital Foods mailing list for up-to-date product information at [cherrycapitalfoods.com](http://cherrycapitalfoods.com).

Variety	Pack	Item Code	Availability	Source
Lettuce Salad Mix	1 Pound	9BR00002	Year-round	9 Bean Rows
Lettuce Salad Mix	5 Pound	9BR00001	Year-round	9 Bean Rows
Lettuce Organic Summer Crisp	10 Count	COV00002	May - October	Coveyou Scenic Farm
Arugula Organic	3 Pound	LRO00007	May - October	Little Red Organics
Lettuce Salad Mix	3 Pound	LOM00014	May - October	Loma Farm
Arugula Organic	3 Pound	SEC00030	May - October	Second Spring Farm
Lettuce Butter Head	3 Pound	TDP00005	Year-round	Third Day Produce
Lettuce Romaine Baby Head	3 Pound	TDP00004	Year-round	Third Day Produce
Lettuce Romaine Head	3 Pound	TDP00007	Year-round	Third Day Produce
Lettuce Salad Mix	3 Pound	TDP00001	Year-round	Third Day Produce
Lettuce Spicy Mix	3 Pound	TDP00006	Year-round	Third Day Produce
Lettuce Bibb Bulk	12 Count	TLC00003	May - October	TLC Hydroponics
Lettuce Bibb Bulk	24 Count	TLC00004	May - October	TLC Hydroponics



# Tomatoes



## Storage Tip:

Fresh tomatoes may be frozen, whole, chopped or sliced. Wash tomatoes and remove the stem, store in a tightly closed plastic bag, and then freeze up to eight months.

## Nutrition Tip:

The lycopene in processed tomatoes (canned, sauce and ketchup) is actually more readily available to the body than that found in raw tomatoes. Heating breaks down the plant's cell walls, making the lycopene more accessible to the body.

## Fact:

In 2015, Michigan was the 10th largest producer of fresh tomatoes and the fourth largest producer of processing tomatoes in the United States.





*Photo Credit—Brent Hofacker*

## *What is an heirloom tomato?*

An heirloom tomato is an open-pollinated variety that has been passed down at least 50 years through several generations in a family or an ethnic, religious, or tribal group, or was commercially introduced before 1940.

Some tomatoes now marketed as “heirloom” are actually a cross between two different heirlooms (crossed on purpose or by nature), or are a cross between an heirloom and a hybrid tomato. The cross is then stabilized over several generations so they become open-pollinated.

Heirloom tomatoes come in various colors, including purple, pink, yellow, orange, striped and marbled, and unusual shapes and sizes. Heirloom varieties can be especially tasty, perfect for introducing children, staff members, patients and visitors to institutions to the many flavors of tomatoes.

Many heirloom varieties have a long harvest season, unlike some hybrids that were bred for a heavy crop ripening at the same time for ease of commercial harvest. Heirloom tomatoes can help provide your institution with a steady supply throughout the growing season.



## Full Service (Broadline) Distributors

### Gordon Food Service

Please call 800.968.4164 and provide an item/produce number to receive pricing and purchasing information. You may also visit [gfs.com](http://gfs.com) for more details.

Variety	Pack	Item Code	Availability	Source
Tomato Vine-Ripe 5X5	20 pounds	629061	May - August	GEM Produce

### Sysco (Grand Rapids)

Be sure to contact your Sysco Representative for all Michigan Produce Items (MIPRO). You may also visit [syscogr.com](http://syscogr.com) for more information.

Variety	Pack	Item Code	Availability
Tomato Bulk 5X6	25 pounds	6719151	When in season
Tomato Bulk 6X6	25 pounds	6719177	When in season
Tomato Hydroponic	10 pounds	7676889	When in season
Tomato Grape Cherry	12/1 pint	7049180	When in season
Tomato Roma	25 pounds	6719195	When in season
Tomato Roma	10 pounds	6719334	When in season

### US Foods

Contact your sales representative or visit [usfoods.com](http://usfoods.com) for more information.

Variety	Pack	Item Code	Availability
Tomatoes 5x6	25 pounds	9007303	When in season
Tomatoes 6x6	25 pounds	6007306	When in season

### Van Eerden Foodservice

Please call 800.833.7374 for pricing/purchasing information or visit [vaneerden.com](http://vaneerden.com) for more details.

Variety	Pack	Item Code	Availability
Tomatoes Grape	12/1 pint	3729	When in season
Tomatoes Roma	25 pounds	6820	When in season
Tomatoes Large 6x6	25 pounds	6762	When in season
Tomatoes Extra Large 5x6 Bulk	25 pounds	6770	When in season
Tomatoes Gourmet Medley Cherry	12/1 pint	3499	When in season
Tomato Beefsteak Yellow	10 pound	3536	When in season
Tomatoes Grape Cherry	6/1 pint	3756	When in season
Tomatoes Green (SPEC)	15 pound	3809	When in season

*Continued*



Continued

Variety	Pack	Item Code	Availability
Tomatoes Heirloom	10 pound	3824	When in season
Tomatoes Heirloom Baby (SPEC)	10 pound	3826	When in season
Tomatoes	10 pound	6755	When in season
Tomatoes Large 6x6 Gas Green	25 pound	6759	When in season
Tomatoes 4x5 2-Layer	20 pound	6793	When in season
Tomatoes 5x5 2-Layer	20 pound	6794	When in season
Tomatoes Hydro	15 pound	6810	When in season
Tomatoes Value Pack #2	25 pound	6840	When in season
Tomatoes Vine (SPEC)	11 pound	6843	When in season

## Regional and Specialty Distributors

### Cherry Capital Foods (Statewide)

Cherry Capital Foods distributes only Michigan-made and produced products within the state of Michigan. Please call 231.943.5010 ext. 1 or email [sales@cherrycapitalfoods.com](mailto:sales@cherrycapitalfoods.com) (include subject line "Farm to Institution") for more pricing/purchasing information. Join the Cherry Capital Foods mailing list for up-to-date product information at: [cherrycapitalfoods.com](http://cherrycapitalfoods.com).

Variety	Pack	Availability
Tomato Cherry	10 pounds	When in season
Tomato Heirloom	10 pounds	When in season
Tomato Saucing	10 pounds	When in season
Tomato Slicing	10 pounds	When in season

### Coastal Produce Distributors

Locally owned and operated, Coastal Produce is located in Detroit. The company delivers fruits, vegetables, dairy, frozen foods, spices and processed foods throughout Michigan and Northern Ohio. When in season, the company purchases all local produce. Please call 877.291.8304 or visit [coastalproduce.net/](http://coastalproduce.net/) for detailed product and ordering information.

Variety	Pack	Item Code	Availability
Tomatoes, Grape	12 count	TOMGR1L	August - October
Tomatoes, Grape	2/6 count	TOMGR2L	August - October
Tomatoes, Grape	3 count	TOMGR33L	August - October
Tomatoes, Grape	1 count	TOMGR3L	August - October
Tomatoes, Roma	25 pound	TOMRM1L	August - October
Tomatoes, Roma	5 pound	TOMRM45L	August - October
Tomatoes, Sliced	5 pound	TOMSL1L	August - October
Tomatoes, Diced	2/5 pound	TOMDI1L	August - October
Tomatoes, Diced	5 pound	TOMDI2L	August - October
Tomatoes, 5x5	20 pound	TOM551L	August - October
Tomatoes, 5x5	10 pound	TOM552L	August - October
Tomatoes, 5x5	5 pound	TOM5545L	August - October



## Frog Holler

Frog Holler is a chef-driven produce distributor providing farm-fresh fruits and vegetables daily. Please call 734.663.5067 for pricing/purchasing information or visit [froghollerproduce.com](http://froghollerproduce.com) for more details. Frog Holler is able to source many products in addition to those listed.

Variety	Pack	Availability
Fresh Beefstake Tomatoes	2 layer, 20 pound	August - October
Fresh Beefstake Tomatoes	VF, 25 pound	August - October
Fresh Heirloom Tomatoes	10 pound	August - October
Fresh Grape Tomatoes	12/1 pint	August - October
Fresh Roma Tomatoes	25 pound	August - October



Photo Credit—Pixabay



# Winter Squash

Photo Credit—iStock



## Fact:

In 2015, Michigan ranked first nationally in total acres of winter squash production, third in fresh winter squash production, and first for winter squash processing.

## Storage Tips:

Winter squash can be stored in a cool, dry place for up to three months. Squash stores best with part of the stem still attached to help retain moisture. Once cut open, store squash wrapped in plastic wrap in the refrigerator for up to four to five days.



## A variety for every taste and every use!

Available fresh September through November, Michigan-grown winter squash has mild-flavored flesh and a fine texture. The most popular winter squash varieties – recommended for freezing as well as fresh use – include acorn, butternut, Delicata, Hubbard, pumpkin and spaghetti. The table below describes the most popular squash varieties, highlighting the appearance, flavor and key nutrients for each.

Variety	Appearance	Flesh	Flavor	Key Nutrients
Acorn	Dark green, hard skin	Firm, yellow-orange flesh	Sweet flavor	Good source of potassium, but not as high in vitamin A as other varieties
Butternut	Beige-tan skin that is not as hard as acorn squash	Orange flesh	Mildly sweet flavor	Excellent source of beta-carotene and vitamin A
Delicata	Long cylindrical shape; cream color with dark green stripes	A creamy pulp	Very sweet, a bit like sweet potatoes	Contains vitamin A
Hubbard	Plump in the middle and slightly tapered at the neck. Their bumpy skin varies in color from dark green to light blue to orange	Because of its fine-grained texture, the yellow-orange flesh is often mashed or pureed	Mild flavor	Excellent source of vitamin A and a good source of potassium
Pumpkin	Orange skin; range from very small to very large	Orange flesh	Sweet mild flavor	Excellent source of beta-carotene and vitamin A
Spaghetti	Bright yellow skin	Golden yellow flesh with a crisp texture	Mild nut-like flavor	Not as high in vitamin A and beta-carotene as other varieties  Note: This type does not keep as long as other winter squash

\*Table from "Winter Squash." PANEN Newsletter 1.7: 5. Web. 3 Aug. 2015. [panen.org/sites/default/files/SNAC/snac\\_english\\_newsletter/wintersquash\\_newsletter2.pdf](http://panen.org/sites/default/files/SNAC/snac_english_newsletter/wintersquash_newsletter2.pdf)

Photo Credit—Colleen Matts



**What squash is this?** From left to right: Acorn, Spaghetti, Butternut, Hubbard, and Golden Nugget.



## Full Service (Broadline) Distributors

### Sysco (Grand Rapids)

Be sure to contact your Sysco representative for all Michigan Produce Items (MIPRO). You may also visit [syscogr.com](http://syscogr.com) for more information.

Variety	Pack	Item Code	Availability
Acorn	1/35 pound	6725032	Starts late July
Acorn	1/35 pound	6675736	Starts late July
Butternut	1/35 pound	6675781	Starts late July
Spaghetti	1/35 pound	6675799	Starts late July

### US Foods

Contact your sales representative or please visit [usfoods.com](http://usfoods.com) for more information and for Michigan squash item codes.

Variety	Pack	Item Code	Availability
Acorn	1 bushel	6010532	August
Butternut	1 bushel	9016338	August

### Van Eerden Foodservice Company

Please call 800.833.7374 for pricing/purchasing information or visit [vaneerden.com](http://vaneerden.com) for more details.

Variety	Pack	Item Code	Availability
Acorn	1/40 pound	5805	July - November
Buttercup	1/40 pound	5810	July - November
Butternut	1/40 pound	5815	July - November
Spaghetti	1/40 pound	5835	July - November



Photo Credit—Pixabay

## Regional and Specialty Distributors

### Cherry Capital Foods (Statewide)

Cherry Capital Foods distributes only Michigan-made and produced products within the state of Michigan. Call 231.943.5010 ext. 1 or email [sales@cherrycapitalfoods.com](mailto:sales@cherrycapitalfoods.com) (include subject line "Farm to Institution") for more pricing/purchasing information. Join the Cherry Capital Foods mailing list for up-to-date product information at [cherrycapitalfoods.com](http://cherrycapitalfoods.com).

Variety	Pack	Source
Acorn	1 bushel	Victory Farms
Blue Hubbard	1 bushel	Victory Farms
Buttercup	1 bushel	Victory Farms
Butternut	1 bushel	Victory Farms
Carnival	1 bushel	Victory Farms
Golden Hubbard	1 bushel	Victory Farms
Kabocha	1 bushel	Victory Farms
Pie pumpkins	1 bushel	Victory Farms
Spaghetti	1 bushel	Victory Farms
Organic Acorn	1 bushel	Stutzman Family Farm
Organic Blue Hubbard	1 bushel	Stutzman Family Farm
Organic Butternut	1 bushel	Stutzman Family Farm
Organic Delicata	1 bushel	Stutzman Family Farm
Organic Pie Pumpkins	1 bushel	Stutzman Family Farm
Organic Spaghetti	1 bushel	Stutzman Family Farm

### Coastal Produce Distributors

Locally owned and operated, Coastal Produce is located in Detroit. The company delivers fruits, vegetables, dairy, frozen foods, spices and processed foods throughout Michigan and Northern Ohio. When in season, the company purchases all local produce. Please call 877.291.8304 or visit [coastalproduce.net/](http://coastalproduce.net/) for detailed product and ordering information.

Variety	Pack	Item Code	Availability
Squash, Acorn	35-40 pound	SQAC1L	September - March
Squash, Acorn	1/4 case	SQAC3L	September - March
Squash, Butternut	35-40 pound	SQBUT1L	September - March
Squash, Butternut	1/2 case	SQBUT2L	September - March
Squash, Butternut	1/4 case	SQBUT3L	September - March
Squash, Buttercup	35-40 pound	SQBUTC1L	September - March
Squash, Spaghetti	35-40 pound	SQSP1L	September - March
Squash, Spaghetti	1/2 case	SQSP2L	September - March



## Frog Holler

Frog Holler is a chef-driven produce distributor providing farm-fresh fruits and vegetables daily. Please call 734.663.5067 for pricing/purchasing information or visit [froghollerproduce.com](http://froghollerproduce.com) for more details. Frog Holler is able to source many products in addition to those listed.

Variety	Pack	Availability
Fresh Acorn Squash	35 pound	September - December
Fresh Butternut Squash	35 pound	September - December
Fresh Delicata Squash	35 pound	September - December
Fresh Kabocha Squash	35 pound	September - December
Fresh Spaghetti Squash	35 pound	September - December
Fresh Pie Pumpkin Squash	35 pound	September - December

## Pearson Foods Corporation (Grand Rapids)

Pearson Foods is a processor and distributor that sources, sells and processes Michigan produce. Contact a representative at 616.245.5053 or visit [pearsonfoods.com](http://pearsonfoods.com) for pricing information and more details.

Variety	Pack	Availability
Butternut	1 and 1/9 bushel	September - December
Acorn	35 pound	September - November
Pumpkins, mini	22 pound	September - November
Pumpkins, pie	35 pound	September - November



Photo Credit—Pixabay

# Apples

**Fact:**

In 2017, there were 11.3 million apple trees across Michigan on more than 800 family farms.

**Fact:**

Michigan apples are available nearly year-round thanks to controlled atmosphere storage facilities.

**Safe Handling:**

Store apples away from other aromatic fruits and vegetables as the fruit's porous skin can allow other flavors to penetrate its flesh.



## Providing delicious Michigan apples all year long

One of the most enjoyable experiences a person can have is biting into a sweet, juicy, freshly picked apple. However, because of the nature of the fruit and its small harvest window in Michigan, apple growers and packers use state-of-the-art storage systems throughout the winter months and into the following spring to maintain the same level of freshness as the day the apples were picked. Controlled atmosphere storage (CAS) facilities around the state are packed to the brim each fall harvest and slowly emptied over the course of the year in response to demand. How long Michigan apples are available from storage depends on the size of the season's harvest. The "controlled atmosphere" (lower oxygen and higher carbon dioxide levels) reduces the fruit's metabolic activity and its sensitivity to ethylene, which can hasten fruit softening and color change. By putting the apples to "sleep", or in a state of hibernation in storage, peak quality and freshness can be maintained for months.

## A variety for every taste and use!

An ever-increasing number of apple varieties are now available. The table below shows many of the available varieties grown in Michigan, in addition to their taste profile, primary uses and timing of the typical harvest.

Variety	Use	Taste	Typical Harvest
Empire	Fresh and baked	Combination sweet and tart	Mid-September
Fuji	Fresh and baked	Sweet and crunchy	Mid-September
Gala	Fresh and baked	Sweet and crunchy	Early September
Ginger Gold	Fresh	Sweet-spicy and firm	Late August
Golden Delicious	Fresh and baked	Sweet and firm	Early September
Braeburn	Fresh and baked	Mildly sweet and crispy	Late October
Honeycrisp	Fresh	Sweet, crisp, and juicy	Mid-September
Ida Red	Fresh and baked	Tart, firm and juicy	Late October
Jonagold	Fresh and baked	Sweet, firm and juicy	Late September
Jonathan	Fresh and baked	Sweet-spicy	Mid-September
McIntosh	Fresh and baked	Sweet-tart and juicy	Mid-September
Paula Red	Fresh and baked	Sweet-tart and juicy	Late August
Red Delicious	Fresh	Sweet, juicy and crunchy	Late September
Rome	Fresh and baked	Mildly tart and juicy	Late September



# Full Service (Broadline) Distributor

## Gordon Food Service

Please call 800.968.4164 and provide an item/produce number to receive pricing and purchasing information. You may also visit [gfs.com](http://gfs.com) for more details.

Variety	Pack	Item Code	Availability	Source
Apple Red Delicious	39 pounds/138-163 count	608662	October - March	Riveridge Produce and Jack Brown Produce
Apple Golden Delicious	40 pounds/138 count	597481	October - March	Riveridge Produce and Jack Brown Produce
Apple Red Delicious	40 pounds/113 count	197696	October - April	Riveridge Produce and Jack Brown Produce
Apple Red Delicious	40 pounds/138 count	201456	October - March	Riveridge Produce and Jack Brown Produce
Apple Red Delicious	40 pounds/175 count	100105	October - March	Riveridge Produce and Jack Brown Produce
Apple Red Delicious Poly Bag	8/5 pounds	542105	October - April	Riveridge Produce and Jack Brown Produce
Apple Red Delicious	20 count	597066	October - March	Riveridge Produce and Jack Brown Produce
Apple Red Delicious Extra Fancy	40 pounds/88 count	100045	October - April	Riveridge Produce and Jack Brown Produce
Apple Fuji	40 pounds/100 count	735612	October - April	Riveridge Produce and Jack Brown Produce
Apple Gala	40 pounds/100 count	197718	October - March	Riveridge Produce and Jack Brown Produce
Apple Golden Delicious	40 pounds/88 count	688730	October - April	Riveridge Produce and Jack Brown Produce
Apple Honeycrisp	40 pounds/80 count	680830	October - January	Riveridge Produce and Jack Brown Produce
Apple Ida Red	40 pounds/100 count	823270	October - March	Riveridge Produce and Jack Brown Produce
Apple Jonathan	40 pounds/100 count	827710	October - April	Riveridge Produce and Jack Brown Produce
Apple McIntosh	40 pounds/100 count	827760	October - April	Riveridge Produce and Jack Brown Produce
Apple Red Delicious	40 pounds	688690	October - April	Riveridge Produce and Jack Brown Produce
Apple Variety	40 pounds/100 count	197726	October - April	Riveridge Produce and Jack Brown Produce
Apple Variety Bulk	40 pounds/113-138 count	810730	October - April	Riveridge Produce and Jack Brown Produce
Apples	8 pounds/100 count	580210	October - April	Riveridge Produce and Jack Brown Produce



Photo Credit—Pixabay



## Sysco (Grand Rapids)

Be sure to contact your Sysco Representative for all Michigan Produce Items (MIPRO). You may also visit [syscogr.com](http://syscogr.com) for more information.

Variety	Pack	Item Code	Availability
Apples Fuji	40 pounds/100 count	6671889	October - May
Apples Gold Delicious	40 pounds/100 count	6671574	September - May
Apple Jonathan	40 pounds/100 count	7125350	September - May
Apple Red Delicious	40 pounds/88 count	6671646	September - May
Apple Red Delicious	40 pounds/100 count	6671657	September - May
Apple Red Delicious	40 pounds/113 count	6671750	September - May
Apple Red Delicious	40 pounds/138 count	6671707	September - May
Apple Gala	40 pounds/100 count	6671495	September - May
Apple McIntosh	40 pounds/100 count	6671495	September - May
Apple Honeycrisp	40 pounds/100 count	6671511	September - May
Apple Jonagold	40 pounds/100 count	6671776	September - May
Apple Ida Red	40 pounds/100 count	6671792	September - May
Apple Paula Red	40 pounds/100 count	6671469	August - September

## Van Eerden Foodservice

Please call 800.833.7374 for pricing/purchasing information or visit [vaneerden.com](http://vaneerden.com) for more details.

Variety	Pack	Item Code	Availability
Apple Red Delicious	138 count	000285	Year-round
Apple Honey Crisp	88 count	000369	Year-round
Apple Granny Smith	100 count	000755	Year-round
Apple Gala	72 count	000761	Year-round
Apple Granny Smith	125 count	000765	Year-round
Apple Red Delicious	12 count	010029	Year-round
Apple Granny Smith	12 count	010076	Year-round
Apple Granny Smith IQF	2/5 pound	074909	Year-round

## US Foods

Contact your sales representative or visit [usfoods.com](http://usfoods.com) for more information.

Variety	Pack	Item Code	Availability
Apples Braeburn	40 pounds	2507119	When in season
Apples Red Delicious	40 pounds	4037354	When in season
Apples Gala	40 pounds	4852000	When in season
Apples Golden Delicious	40 pounds	8525461	When in season



# Regional and Specialty Distributors

## BelleHarvest

Founded by local, family-owned orchards, BelleHarvest has been marketing Michigan apples since 1957. They pack 14 different varieties utilizing an assortment of packaging options, all sized to meet the customer’s needs. Please call 800.452.7753 with inquires, or email to [sales@belleharvest.com](mailto:sales@belleharvest.com).

Variety	Pack	Availability
Apple Honeycrisp	56-150 count	September - March
Apple Gala	80-150 count	September - May
Apple Fuji	72-150 count	September - April
Apple Braeburn	72-150 count	October - February
Apple Cortland	64-150 count	October - February
Apple Empire	88-150 count	September - May
Apple Evercrisp	80-150 count	September - November
Apple Gingergold	64-150 count	September - June
Apple Golden Delicious	64-150 count	September - June
Apple Jonathan	88-150 count	September - June
Apple Jonagold	56-150 count	September - June
Apple Idared	56-150 count	September - June
Apple McIntosh	80-150 count	September - June
Apple Paula Red	72-150 count	September - June
Apple Red Delicious	56-150 count	September - June
Apple Rome	64-150 count	September - June
Apple Topaz	80-150 count	January - February



Photo Credit—Pixabay



## Cherry Capital Foods (Statewide)

Cherry Capital Foods distributes only Michigan-made and produced products within the state of Michigan.

Please call 231.943.5010 ext. 1 or email [sales@cherrycapitalfoods.com](mailto:sales@cherrycapitalfoods.com) (include subject line "Farm to Institution") for more pricing/purchasing information. Join the Cherry Capital Foods mailing list for up-to-date product information at [cherrycapitalfoods.com](http://cherrycapitalfoods.com). Cherry Capital Foods sources multiple varieties of apples from several Michigan orchards and have quantities available in Traypack (125-138 Count) and 40-pound bulk. Call or email for most up-to-date list of available varieties.

Variety	Pack	Item Code	Availability	Source
Apples, Crimsoncrisp	1 bushel	BF000001	August - March	Bardenhagen Farm
Apples, Gala	1 bushel	BF000002	August - March	Bardenhagen Farm
Apples, Gingergold	1 bushel	BF000006	August - March	Bardenhagen Farm
Apples, Gingergold Jumbo	36 pound	BF000005	August - March	Bardenhagen Farm
Apples, Honeycrisp	1 bushel	BF000016	August - March	Bardenhagen Farm
Apples, Honeycrisp Jumbo	36 pound	BF000007	August - March	Bardenhagen Farm
Apples, Liberty	1 bushel	BF000003	August - March	Bardenhagen Farm
Apples, Red Free	1 bushel	BF000008	August - March	Bardenhagen Farm
Apples, IQF Slices	12/2 pound	FTF00001	Year-round	Michigan Farm To Freezer
Apples, IQF Slices	4/5 pound	FTF00002	Year-round	Michigan Farm To Freezer
Apples, Braeburn	1 bushel	FO000022	August - March	Friske Orchards
Apples, Cameo	1 bushel	FO000001	August - March	Friske Orchards
Apples, Cortland (Large)	30 pound	FO000064	August - March	Friske Orchards
Apples, Empire	1 bushel	FO000002	August - March	Friske Orchards
Apples, Fuji	1 bushel	FO000003	August - March	Friske Orchards
Apples, Gala	1 bushel	FO000006	August - March	Friske Orchards
Apples, Ginger Gold	1 bushel	FO000026	August - March	Friske Orchards
Apples, Gold Delicious	1 bushel	FO000027	August - March	Friske Orchards
Apples, Granny Smith	88 count	FO000008	August - March	Friske Orchards
Apples, Honeycrisp	1 bushel	FO000030	August - March	Friske Orchards
Apples, Ida Red	88 count	FO000031	August - March	Friske Orchards
Apples, Jersey Mac	1 bushel	FO000032	August - March	Friske Orchards
Apples, Jonagold	1 bushel	FO000034	August - March	Friske Orchards
Apples, Jonamac	1 bushel	FO000035	August - March	Friske Orchards
Apples, McIntosh	1 bushel	FO000010	August - March	Friske Orchards
Apples, Paula Red	1 bushel	FO000038	August - March	Friske Orchards
Apples, Red Delicious	1 bushel	FO000041	August - March	Friske Orchards
Apples, Rome	1 bushel	FO000042	August - March	Friske Orchards
Apples, Spartan	1 bushel	FO000061	August - March	Friske Orchards
Apples, Zestar	1/2 bushel	FO000062	August - March	Friske Orchards
Apples, Zestar	1 bushel	FO000012	August - March	Friske Orchards
Apples, Braeburn traypack	1 bushel	GAV00006	August - March	Gavin Orchards

*Continued*



Continued

Variety	Pack	Item Code	Availability	Source
Apples, Empire bulk	150 count	GAV00015	August - March	Gavin Orchards
Apples, Apple Crunch bulk	150 count	GAVAC001	August - March	Gavin Orchards
Apples, Empire traypack	100 count	GAV00038	August - March	Gavin Orchards
Apples, Empire traypack	80 count	GAV00039	August - March	Gavin Orchards
Apples, Empire traypack	Traypack	GAV00001	August - March	Gavin Orchards
Apples, Fuji traypack	1 bushel	GAV00007	August - March	Gavin Orchards
Apples, Gala traypack	Traypack	GAV00002	August - March	Gavin Orchards
Apples, Ginger Gold traypack	Traypack	GAV00003	August - March	Gavin Orchards
Apples, Gold Delicious traypack	1 bushel	GAV00008	August - March	Gavin Orchards
Apples, Granny Smith traypack	1 bushel	GAV00009	August - March	Gavin Orchards
Apples, Ida Red traypack	Traypack	GAV00042	August - March	Gavin Orchards
Apples, Jonagold traypack	1 bushel	GAV00010	August - March	Gavin Orchards
Apples, Jonamac traypack	Traypack	GAV00016	August - March	Gavin Orchards
Apples, Jonamac traypack	1 bushel	GAV00011	August - March	Gavin Orchards
Apples, Jonathan traypack	Traypack	GAV00004	August - March	Gavin Orchards
Apples, McIntosh traypack	Traypack	GAV00005	August - March	Gavin Orchards
Apples, Paula Red traypack	1 bushel	GAV00012	August - March	Gavin Orchards
Apples, Pink Lady, Traypack	100 count	GAV00040	August - March	Gavin Orchards
Apples, Pink Lady, Traypack	1 bushel	GAV00013	August - March	Gavin Orchards
Apple Red Delicious	113 count	GAV00041	August - March	Gavin Orchards
Apple Red Delicious, Traypack	1 bushel	GAV00014	August - March	Gavin Orchards
Apple IQF Sliced	40 pound	SMO00001	Year-round	Smeltzer Orchard
Apple IQF Sliced	6/2.5 pound	SMO00005	Year-round	Smeltzer Orchard
Apple, Honeycrisp	72 count	WF000005	August - March	Wunsch Farms
Apple, Honeycrisp	88 count	WF000006	August - March	Wunsch Farms
Apple, Honeycrisp, Traypack	Traypack	WF000001	August - March	Wunsch Farms
Apple, Jonagold	1 bushel	WF000002	August - March	Wunsch Farms
Apple, Macintosh	1 bushel	WF000003	August - March	Wunsch Farms
Apple, Northern Spy	1 bushel	WF000004	August - March	Wunsch Farms



## Coastal Produce Distributors

Locally owned and operated, Coastal Produce is located in Detroit and delivers fruits, vegetables, dairy, frozen foods, spices and processed foods throughout Michigan and Northern Ohio. Coastal Produce purchases all local produce when in season. Please call 877.291.8304 or visit [coastalproduce.net](http://coastalproduce.net) for detailed product and ordering information.

Variety	Pack	Item Code	Availability
Apples, Empire	100 count	APE100L	Year-round
Apples, Empire	138 count	APE138L	Year-round
Apples, Fuji	100 count	APF1001L	Year-round
Apples, Gala	100 count	APGALA1001L	Year-round
Apples, Gala	138 count	APGALA138L	Year-round
Apples, Gala	88 count	APGALA881L	Year-round
Apples, Gala	12 count	APGALA88312L	Year-round
Apples, Gold	100 count	APGD1001L	Year-round
Apples, Gold	25 count	APGD10025L	Year-round
Apples, Gold	12 count	APGD100312L	Year-round
Apples, Golden	138 count	APGD138L	Year-round
Apples, Golden Delicious	88 count	APGD88L	Year-round
Apples, Gold	12 count	APGD88312L	Year-round
Apples, Honeycrisp Case	1/100 count	APHC100	Year-round
Apples, Honeycrisp	2/50 count	APHC1002	Year-round
Apples, Honeycrisp	4/25 count	APHC100Q	Year-round
Apples, Honeycrisp	113 count	APHC113	Year-round
Apples, Ida Red	100 count	APIR100	Year-round
Apples, Jonathan	100 count	APJON100L	Year-round
Apples, Jonathan	138 count	APJON138L	Year-round
Apples, Jonamac	100 count	APJONMC100	Year-round
Apples, Jonamac	138 count	APJONMC138L	Year-round
Apples, McIntosh	100 count	APMC100L	Year-round
Apples, McIntosh	138 count	APMC138L	Year-round
Apples, McIntosh	88 count	APMC88	Year-round
Apples, Paula Red	100 count	APPR100	Year-round
Apples, Paula Red	2/50 count	APPR1002	Year-round
Apples, Paula Red	125 count	APPR125	Year-round
Apples, Paula Red	138 count	APPR138	Year-round
Apples, Paula Red	88 count	APPR88	Year-round
Apples, Paula Red	12 count	APPR88312	Year-round
Apples, Rome Beauty	100 count	APRB100	Year-round
Apples, Rome Beauty	138 count	APRB138	Year-round

*Continued*



Continued

Variety	Pack	Item Code	Availability
Apples, Red Delicious	100 count	APRD100L	Year-round
Apples, Red Delicious	2/50 count	APRD1002L	Year-round
Apples, Red	25 count	APRD100325L	Year-round
Apples, Red Delicious	10 count	APRD100310L	Year-round
Apples, Red	125 count	APRD125L	Year-round
Apples, Red Delicious	138 count	APRD138L	Year-round
Apples, Red Delicious	88 count	APRD881L	Year-round
Apples, Red Delicious	44 count	APRD882L	Year-round
Apples, Red	12 count	APRD88312L	Year-round
Apple, Slices Green	4/3 pound	APSLG	Year-round
Apple, Slices Red	4/3 pound	APSLR	Year-round
Grab&Go Fruit, Apples Green Slices	50/2 ounce	GGFAPGP	Year-round
Grab&Go Fruit, Apple Slices, Green	100/2 ounce	GGFAPSG	Year-round
Grab&Go Fruit, Apple Slices, Red	100/2 ounce	GGFAPSR	Year-round

## Frog Holler

Frog Holler is a chef-driven produce distributor providing farm-fresh fruits and vegetables daily. Please call 734.663.5067 for pricing/purchasing information or visit [froghollerproduce.com](http://froghollerproduce.com) for more details. Frog Holler is able to source many products in addition to those listed.

Variety	Pack	Availability
Fresh Gala Apples	40 pound	August - February
Fresh MacIntosh Apples	40 Pound	August - February

## Michigan Farm to Freezer

Michigan Farm to Freezer provides frozen fruits and vegetables, harvested fresh from Michigan farms, to institutions and retailers across the state. For more information, visit [mifarmtofreezer.com](http://mifarmtofreezer.com) or call 313.603.3700.

Variety	Pack	Item Code	Availability	Source
IQF Apple Slices	4/5 pound or 12/2 pound	CFR20105	Year-round	Wurnch Farm, Smeltzer Orchard, Other Michigan Growers



# Beets

*Photo Credit—Lindsey J. Scalera*



**Fact:**

Fresh Michigan-grown beets are available late July to late October.

**Nutrition Tip:**

Beets are a good source of vitamin C, and their greens are an excellent source of vitamin A.

**Fact:**

Beet roots can be red, purple, golden, white or a mixture of colors.



## Full Service (Broadline) Distributor

### Gordon Food Service

Please call 800.968.4164 and provide an item/produce number to receive pricing and purchasing information. You may also visit [gfs.com](http://gfs.com) for more details.

Variety	Pack	Item Code	Availability	Source
Beets, Red	25 Pound	118732	Year-round	Miedema Produce
Beets, Red, Large	25 Pound	565961	Year-round	Miedema Produce

## Regional and Specialty Distributors

### Cherry Capital Foods (Statewide)

Cherry Capital Foods distributes only Michigan-made and produced products within the state of Michigan. Please call 231.943.5010 ext. 1 or email [sales@cherrycapitalfoods.com](mailto:sales@cherrycapitalfoods.com) (include subject line "Farm to Institution") for more pricing/purchasing information. Join the Cherry Capital Foods mailing list for up-to-date product information at [cherrycapitalfoods.com](http://cherrycapitalfoods.com).

Variety	Pack	Item Code	Availability	Source
Organic Candy Cane Beets	10 pound	BLSF0013	July - November	Blue Stem Farm
Organic Red Beets	10 pound	BLSF0018	July - November	Blue Stem Farm
Diced Organic IQF Beets	4/5 pound	FTF00034	Year Round	Farm to Freezer
Organic IQF Beets	4/5 pound	FTF00058	Year Round	Farm to Freezer
Organic Large Beet Mix	10 pound	MFO00039	July - November	Monroe Family Organics
Organic Large Candy Cane Beets	10 pound	MFO00053	July - November	Monroe Family Organics
Organic Large Red Beets	10 pound	MFO00055	July - November	Monroe Family Organics
Organic Tri-Color Beets	10 pound	MFO00117	July - November	Monroe Family Organics
Organic Golden Beets	10 pound	MFO00140	July - November	Monroe Family Organics
Organic Golden Beets	10 pound	PF000004	July - April	Providence Farms
Organic Candy Cane Beets	10 pound	PF000012	July - April	Providence Farms
Organic Red Beets	10 pound	SEC00019	July - April	Second Spring Organic Farm
Organic Tri-Color Mix Beets	10 pound	SEC00043	July - April	Second Spring Organic Farm
Organic Golden Beets	10 pound	SEC00053	July - April	Second Spring Organic Farm
Organic Candy Cane Beets	10 pound	SEC00074	July - April	Second Spring Organic Farm
Organic Red Beets	10 pound	SFF00001	July - April	Stutzman Family Farm
Red Beets	25 pound	VIC00001	July - April	Victory Farm
Golden Beets	25 pound	VIC00020	July - April	Victory Farm
Candy Cane Beets	25 pound	VIC00051	July - April	Victory Farm
White Beets	25 pound	VIC00053	July - April	Victory Farm



## Frog Holler

Frog Holler is a chef-driven produce distributor providing farm-fresh fruits and vegetables daily. Please call 734.663.5067 for pricing/purchasing information or visit [froghollerproduce.com](http://froghollerproduce.com) for more details. Frog Holler is able to source many products in addition to those listed.

Variety	Pack	Item Code	Availability
Fresh Gold Beets	25 pound	N/A	Mostly Year Round
Fresh Red Beets	25 pound	N/A	Mostly Year Round
Fresh Chioggia Beets	25 pound	N/A	Mostly Year Round



Photo Credit—Pixabay



# Cabbage

*Photo Credit—Lindsey J. Scalera*

**Fact:**

In 2016, Michigan ranked 10th in the nation in cabbage production.

**Nutrition Tip:**

Cabbage is a nutritional powerhouse. It is high in vitamins C and K, folate, potassium, manganese, iron and magnesium.

**Storage Tip:**

Do not wash cabbage before storage, and keep outer leaves on for extra protection of the more tender inner leaves.



## Full Service (Broadline) Distributors

### Gordon Food Service

Headquartered in Wyoming, Michigan, Gordon Food Service has been delivering quality products and services since 1897. Please call 800.968.4164 and provide an item/produce number to receive pricing and purchasing information. You may also visit [gfs.com](http://gfs.com) for more details.

Variety	Pack	Item Code	Availability	Source
Cabbage Green	10 pounds/3-4 count	596597	June/July - October	Superior Sales
Cabbage Green	45 pounds	198463	June/July - October	Superior Sales
Cabbage Red	45 pounds/17-22 count	198471	July - March	Superior Sales
Cabbage Red	5 pounds	596965	July - March	Superior Sales

### Van Eerden Foodservice

Please call 800.833.7374 for pricing/purchasing information or visit [vaneerden.com](http://vaneerden.com) for more details.

Variety	Pack	Item Code	Availability
Cabbage Red (GFT)	18 count	004420	May - October
Cabbage Savoy	18 count	004430	May - October
Cabbage Large Green (GFT)	50 pounds	004435	May - October
Cabbage Green	10 pounds	010441	May - October
Cabbage Red	10 pounds	010442	May - October

## Regional and Specialty Distributors

### Cherry Capital Foods (Statewide)

Cherry Capital Foods distributes only Michigan-made and produced products within the state. Please call 231.943.5010 ext. 1 or email [sales@cherrycapitalfoods.com](mailto:sales@cherrycapitalfoods.com) (include subject line "Farm to Institution") for more pricing/purchasing information. Join the Cherry Capital Foods mailing list for up-to-date product information at [cherrycapitalfoods.com](http://cherrycapitalfoods.com).

Variety	Pack	Item Code	Availability	Source
Cabbage Organic Green	1 Bushel	PF000005	July - March	Providence Farm
Cabbage Organic Red	1 Bushel	SEC00055	July - March	Second Spring Farm
Cabbage Organic Red	1 Bushel	SEC00056	July - March	Second Spring Farm
Cabbage Organic Green	30 Pound	SFF00002	July - March	Stutzman Family Farm
Cabbage Organic Red	30 Pound	SFF00003	July - March	Stutzman Family Farm
Cabbage Green	1 to ¾ Bushel	VIC00002	July - March	Victory Farms
Cabbage Red	1 to ¾ Bushel	VIC00038	July - March	Victory Farms



## Coastal Produce

Locally owned and operated, Coastal Produce is located in Detroit and delivers fruits, vegetables, dairy, frozen foods, spices and processed foods throughout Michigan and Northern Ohio. Coastal Produce purchases all local produce when in season. Please call 877.291.8304 or visit [coastalproduce.net](http://coastalproduce.net) for detailed product and ordering information. For up-to-date product information and pricing, please call or email Katy Armstrong at 586.648.6141 or [katy48047@yahoo.com](mailto:katy48047@yahoo.com).

Variety	Pack	Item Code	Availability
Cabbage, Green	50 pounds	CABGR1L	July - March
Cabbage, Green	2/25 pounds	CABGR2L	July - March
Cabbage, Green	4/12.5 pounds	CABGRQL	July - March
Cabbage, Red	50 pounds	CABRD1L	July - March
Cabbage, Red	2/25 pounds	CABRD2L	July - March
Cabbage, Red	4/12.5 pounds	CABRDQL	July - March
Cabbage, Red	10 pounds	CABRD410L	July - March
Cabbage, Red	5 pounds	CABRD45L	July - March
Cabbage, Green Shredded	4/5 pounds	CABGRS1L	July - March
Cabbage, Green Shredded	5 pounds	CABGRS3L	July - March
Cabbage, Red Shredded	2/5 pounds	CABRDS1L	July - March
Cabbage, Red Shredded	5 pounds	CABRDS2L	July - March
Cabbage, Napa	30 pounds	CABNAP1L	July - March
Cabbage, Napa	2/15 pounds	CABNAP2L	July - March
Cabbage, Napa	4 count	CABNAP34L	July - March
Cabbage, Napa	6 count	CABNAP36L	July - March

## Frog Holler

Frog Holler is a chef-driven produce distributor providing farm-fresh fruits and vegetables daily. Please call 734.663.5067 for pricing/purchasing information or visit [froghollerproduce.com](http://froghollerproduce.com) for more details. Frog Holler is able to source many products in addition to those listed.

Variety	Pack	Availability
Fresh Green Cabbage	40 pound	July - October
Fresh Red Cabbage	40 pound	July - October
Fresh Napa Cabbage	40 pound	July - October
Fresh Savoy Cabbage	40 pound	July - October



## Pellerito Foods (Detroit)

Offering fresh processed produce, Pellerito Foods is the oldest known fresh-cut vegetable company in business today. The company services a regional market from its Eastern Market home of over 65 years and more than 500 customers during these years. For more information and to order, contact Jeff Yezback at [jyezback@pelleritofoods.com](mailto:jyezback@pelleritofoods.com) or call 313.831.3346.

Variety	Pack	Item Code	Availability
Cabbage Shredded	4/5 pounds	180	Year-round



Photo Credit—Pixabay



# Cherries

*Photo Credit—Cherry Marketing Institute*



**Fact:**

It takes 6–8 pounds of fresh cherries to make one pound of dried cherries.

**Fact:**

Michigan was the top producer of tart cherries in the United States with about three-fourths of the country's total production in 2017.

**Fact:**

A single tart cherry tree has an average of 7,000 cherries.





Photo Credit—Cherry Marketing Institute

## ***Find Frozen and Dried Michigan Cherries All Year Long!***

Though they can be purchased year-round in their frozen and shelf-stable dried forms, all cherries in Michigan are harvested in July and August. Their growing season is so quick, in fact, that only about 60 days pass from cherry blossom bloom to fruit harvest.

Cherries are machine-harvested into water to protect the fruit. The machines shake the cherry trees firmly yet gently, moving in the shape of a star to ensure that they impact all the stems at just the right angle to release the fruit. The cherries land on an angled canvas tarp and drop into large tanks that hold 1,000 pounds of cherries and 1,000 pounds of water. After harvest, the fruit remains in the tanks for several hours while the water is constantly flushed out and exchanged for cool water, which removes the field heat from the cherries.

At the processing plant, the fruit gets washed, sorted and pitted. Then it is frozen for use as a frozen or dried cherry product. Did you know that dried cherries are made from frozen cherries? Frozen cherries are thawed, infused with syrup and processed in a dryer to make the sweet treat Michiganders know and love.

### *What is IQF?*

IQF stands for *individually quick frozen*.

Cherries that go through this process generally have nothing added to them, so IQF products are a great way to enjoy this unsweetened, delightfully tart fruit.

# Full Service (Broadline) Distributors

## Gordon Food Service

Please call 800.968.4164 and provide an item/produce number to receive pricing and purchasing information. You may also visit [gfs.com](http://gfs.com) for more details.

Variety	Pack	Item Code	Availability
Dried Cherries	10 pound	441511	Year-round
Dried Cherries	4 pound	741940	Year-round

## Sysco (Grand Rapids)

Contact your Sysco representative for all Michigan Produce Items (MIPROD). You may also visit [syscogr.com](http://syscogr.com) for more information.

Variety	Pack	Item Code	Availability
Frozen Pitted Red Tart Cherries	30 pound	6189849	Year-round
Dried Cherries	5 pound	7102205	Year-round

## Van Eerden Foodservice

Please call 800.833.7374 for pricing/purchasing information or visit [vaneerden.com](http://vaneerden.com) for more details.

Variety	Pack	Item Code	Availability
Dried Red Cherries	4 pound	36814	Year-round
Cherries (SPEC)	8/2-pound	2575	Year-round
Cherries IQF Red Tart Pit (SPEC)	2/5-pound	72560	Year-round

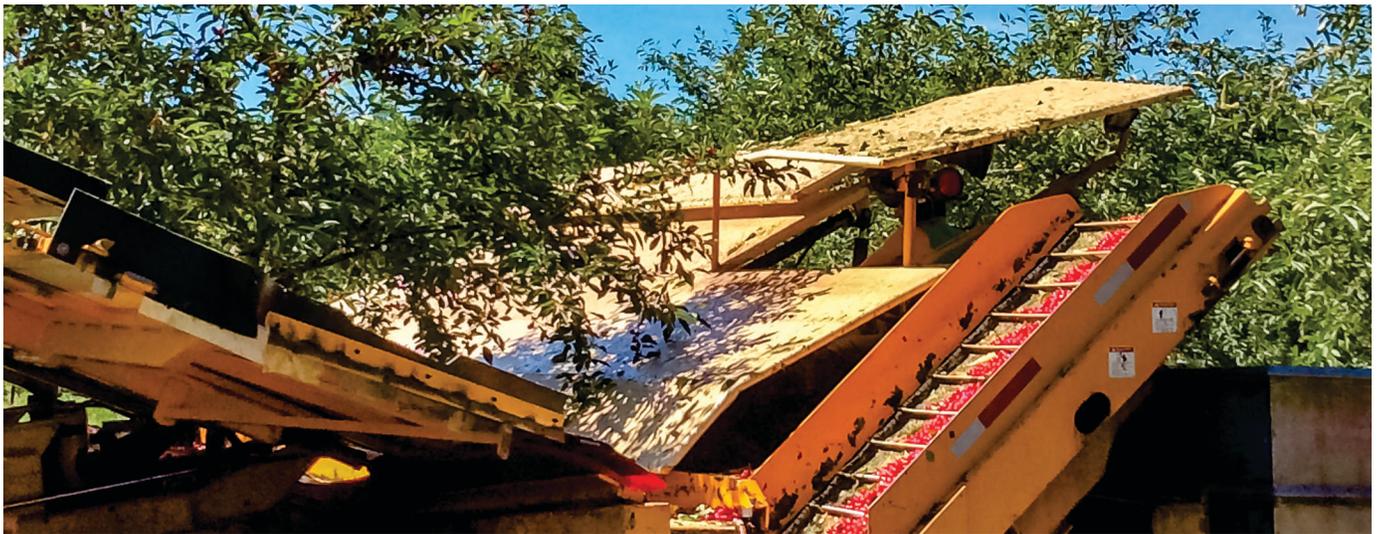


Photo Credit—Mariel Borgman



## Regional and Specialty Distributors

### Cherry Capital Foods (Statewide)

Cherry Capital Foods distributes only Michigan-made and produced products within the state. Call 231.943.5010 ext. 1 or e-mail [sales@cherrycapitalfoods.com](mailto:sales@cherrycapitalfoods.com) (include subject line "Farm to Institution") for more pricing/purchasing information. Join the Cherry Capital Foods mailing list for up-to-date product information at [cherrycapitalfoods.com](http://cherrycapitalfoods.com).

Variety	Pack	Availability	Source
Dried Tart Cherries Organic	6/8 ounce	Year-round	Omena Organics
Dried Montmorency Cherries	10 pound	Year-round	Graceland Fruit Co-Op
Dried Montmorency Cherries Organic	25 pound	Year-round	Graceland Fruit Co-Op
Dried Cherry Berry Blend	12/6 ounce	Year-round	Cherry Bay Orchards
Dried Cherry, Montmorency	12/6 ounce	Year-round	Cherry Bay Orchards
Dried Cherry, Montmorency	4 pound	Year-round	Cherry Bay Orchards
Dried Cherry, Montmorency, Milk Chocolate	12/6 ounce	Year-round	Cherry Bay Orchards
Dried Cherry, Montmorency, Milk Chocolate	4 pound	Year-round	Cherry Bay Orchards
Dried Cherry, Montmorency, Dark Chocolate	12/6 ounce	Year-round	Cherry Bay Orchards
Dried Cherry, Montmorency, Dark Chocolate	4 pound	Year-round	Cherry Bay Orchards
Dried Cherry, Montmorency, Dark Chocolate	25 pound	Year-round	Cherry Bay Orchards
Frozen Cherry Smoothie Blend "West Michigan"	One size	Year-round	Michigan Farm to Freezer
Frozen Cherry Smoothie Blend "Cherry O"	One size	Year-round	Michigan Farm to Freezer
Frozen Cherry Smoothie Blend "Power Blend"	One size	Year-round	Michigan Farm to Freezer
Frozen Organic Tart Cherries IQF	4/5 pound	Year-round	Michigan Farm to Freezer
Frozen Organic Tart Cherries IQF	12/2 pound	Year-round	Michigan Farm to Freezer
Frozen Sweet Cherries IQF	4/5 pound	Year-round	Michigan Farm to Freezer
Frozen Cherry Montmorency IQF	16/24 ounce	Year-round	Friske Orchards
Frozen Cherry Balaton IQF	40 pound	Year-round	Smeltzer Orchards
Frozen Cherry Montmorency IQF	40 pound	Year-round	Smeltzer Orchards

### Coastal Produce Distributors

Locally owned and operated, Coastal Produce is located in Detroit. The company delivers fruits, vegetables, dairy, frozen foods, spices and processed foods throughout Michigan and Northern Ohio. When in season, the company purchases all local produce. Please call 877.291.8304 or visit [coastalproduce.net/](http://coastalproduce.net/) for detailed product and ordering information.

Variety	Pack	Item Code	Availability
Cherries, Dried	5 pound	CHERD1	Year-round
Cherries, Fresh	10 pound	CHERF1	July - August



## Michigan Farm to Freezer

Michigan Farm to Freezer provides frozen fruits and vegetables, harvested fresh from Michigan farms, to institutions and retailers across the state. For more information, visit [mifarmtofreezer.com](http://mifarmtofreezer.com) or call 313.603.3700.

Variety	Pack	Item Code	Availability	Source
IQF Tart Cherries	4/5 pound or 12/2 pound	CFR20705	Year-round	Nagys Orchard, Putney Fruit
IQF Sweet Cherries	4/5 pound or 12/2 pound	CFR20605	Year-round	Smeltzer Orchards, Westwind Orchards
IQF Cherry-O Smoothie Blend	4/5 pound or 12/2 pound	CFR20905	Year-round	A blend of the above
IQF Organic Tart Cherries	4/5 pound or 12/2 pound	CFR30605	Year-round	Calvin Lutz Farms



Photo Credit—Pixabay



# Dry Beans

Photo Credit—Elena Elisseeva



**Fact:**

Michigan is the second largest dry bean producer in the United States.

**Safe Handling:**

Dry beans packaged in polyethylene food-grade bags have a one-year shelf life.

**Nutrition Tip:**

Dry beans are a low-fat protein source full of fiber, vitamins and minerals.



## A variety for every taste and use!

Michigan farmers produce 12 market classes of dry beans. Black beans and navy beans are the most commonly grown beans in Michigan. The table below shows the dry bean classes grown in Michigan and their common uses.

Market Class	Common Uses	Common Names/Varieties
Black	Soups, Caribbean and Latin American dishes	Turtle
Cranberry	Italian dishes	Borlotti, Roman
Small Red	Desserts	Adzuki
Navy	Baked beans, soups, salads, purees	White pea bean
Light Red Kidney	Chili, soups, salads, red beans and rice	n/a
Dark Red Kidney	Chili, soups, salads, red beans and rice	n/a
White Kidney	White chili, salads	Cannellini
Great Northern	White chili, soups, salads, dips	n/a
Pink	Chili, stew, rice and beans	Chili bean
Pinto	Chili, refried beans	n/a
Soldier	Baked beans, soups, stews	Red eye bean
Yellow Eye	Baked beans, soups, pork and beans	Butterscotch calypso, Stueben yellow bean

## Canned bean to dry bean conversion

As an example, the chart below shows a conversion between dry and canned beans for black (turtle) beans. While conversions are similar for other bean varieties, they may differ slightly. To see a USDA comprehensive dry bean conversion chart, including for several varieties grown in Michigan, visit [fns.usda.gov/sites/default/files/fbg\\_beans.pdf](https://fns.usda.gov/sites/default/files/fbg_beans.pdf).

Item	Purchase unit	Servings per purchase unit	Serving size	Units needed for 100 servings	Additional information
Dry	1 pound	18.30	¼ cup cooked beans	5.5	1 lb dry beans = 2¼ cups
Dry	1 pound	12.20	3/8 cup cooked beans	8.2	1 lb dry beans = 2¼ cups
Dry, canned	No. 10 can (110 oz.)	27.80	¼ cup heated, drained beans	3.6	1 No. 10 can = about 6-7/8 cups
Dry, canned	No. 10 can (110 oz.)	18.50	3/8 cup heated, drained beans	5.5	1 No. 10 can = about 6-7/8 cups
Dry, canned	No. 300 can (15-1/2 oz.)	5.91	¼ cup heated, drained beans	17.0	1 No. 300 can = about 1-3/8 cups
Dry, canned	No. 300 can (15-1/2 oz.)	3.94	3/8 cup heated, drained beans	25.4	1 No. 300 can = about 1-3/8 cups



## Full Service (Broadline) Distributors

### Gordon Food Service

Please call 800.968.4164 and provide an item/produce number to receive pricing and purchasing information. You may also visit [gfs.com](http://gfs.com) for more details.

Variety	Pack	Item Code	Availability
Black Beans, Pre-soaked and vacuum-sealed	4/3 pounds		Year-round
Kidney Beans, Pre-soaked and vacuum-sealed	4/3 pounds		Year-round
Navy Beans, Pre-soaked and vacuum-sealed	4/3 pounds		Year-round
Black Beans, Pre-soaked and vacuum-sealed	6/5 pound	267601	Mid-July - October

## Regional and Specialty Distributors

### Cherry Capital Foods (Statewide)

Cherry Capital Foods distributes only Michigan-made and produced products within the state. Please call 231.943.5010 ext. 1 or email [sales@cherrycapitalfoods.com](mailto:sales@cherrycapitalfoods.com) (include subject line "Farm to Institution") for more pricing/purchasing information. Join the Cherry Capital Foods mailing list for up-to-date product information at [cherrycapitalfoods.com](http://cherrycapitalfoods.com).

Variety	Pack	Item Code	Availability	Source
Black Bean	25 pound	CAF00014	Year-round	Carlson-Arbogast Farms
Black Bean	2 pound	CAF00008	Year-round	Carlson-Arbogast Farms
Black Bean	50 pound	CAF00001	Year-round	Carlson-Arbogast Farms
Organic Black Turtle Bean	25 pound	FOR00001	Year-round	Fordos Farm
Cannellini Bean	2 pound	CAF00009	Year-round	Carlson-Arbogast Farms
Cannellini Bean	50 pound	CAF00002	Year-round	Carlson-Arbogast Farms
Cannellini Bean	2 pound	CAF00010	Year-round	Carlson-Arbogast Farms
Cranberry Bean	50 pound	BSM00006	Year-round	Bodega San Marcos
Split Green Bean	1 pound	BSM00007	Year-round	Bodega San Marcos
Little Red Bean	1 pound	BSM00008	Year-round	Bodega San Marcos
Mayocoba Bean	50 pound	CAF00004	Year-round	Carlson-Arbogast Farms
Navy Bean	2 pound	CAF00012	Year-round	Carlson-Arbogast Farms
Navy Bean	50 pound	CAF00005	Year-round	Findlay's Organics
Organic Black Turtle Bean	12/16 ounce	FIN00001	Year-round	Findlay's Organics
Organic Navy Bean	12/16 ounce	FIN00002	Year-round	Findlay's Organics
Organic Navy Bean	25 pound	FIN00004	Year-round	Findlay's Organics
Organic Pinto Bean	12/16 ounce	FIN00003	Year-round	Findlay's Organics
Pinto Bean	25 pound	BSM00009	Year-round	Bodega San Marcos
Pinto Bean	2 pound	BSM00012	Year-round	Bodega San Marcos
Pinto Bean	50 pound	CAF00006	Year-round	Carlson-Arbogast Farms

*continued*



continued

Variety	Pack	Item Code	Availability	Source
Organic Pinto Bean	25 pound	FOR00003	Year-round	Fordos Farm
Red Kidney Bean	50 pound	CAF00007	Year-round	Carlson-Arbogast Farms
Organic Red Kidney Bean	25 pound	FOR00004	Year-round	Fordos Farm
Organic Soybean	25 pound	FER00001		Ferris Organic Beans
Organic Soybean	50 pound	FER00004		Ferris Organic Beans

## The Cooperative Elevator Co. (Pigeon)

The Cooperative Elevator Co. supplies Michigan beans in 2-pound, 50-pound, and 100-pound bags and 2,000-pound totes. Please call 989.453.4500 for pricing information and more details.

Variety	Pack	Item Code
Black Beans	2, 50, 100 lb bags, 2000 lb tote	112000
Navy Beans	2, 50, 100 lb bags, 2000 lb tote	100000
Small Red Beans	2, 50, 100 lb bags, 2000 lb tote	115000

## Dunn Hardware and Supply (Reese)

Dunn Hardware and Supply has a number of dry bean varieties available by the pound, in 25 pound bags, and in 100 pound and one ton pack sizes. Available dry bean varieties are red kidney, navy, pinto, black, cranberry, edible soy, small red, and a five-bean soup mix. All dry beans are sourced from within 20 miles of their facility through Star of the West, also located in Reese. For more information on ordering and delivery, please visit [michbeans.com](http://michbeans.com) or contact Mark Wojdula at 989.8684901 or [dunnhardware@hotmail.com](mailto:dunnhardware@hotmail.com).

Variety	Pack	Availability	Source
Navy Beans	25 pound	Year-round	Star of the West - Reese
Black Beans	25 pound	Year-round	Star of the West - Reese
Pinto Beans	25 pound	Year-round	Star of the West - Reese
Cranberry Beans	25 pound	Year-round	Star of the West - Reese
5-Bean Soup Mix (black, navy, small red, cranberry, dark red kidney beans)	25 pound	Year-round	Star of the West - Reese
Small Red Beans	25 pound	Year-round	Star of the West - Reese
Edible Soy Beans	25 pound	Year-round	Star of the West - Reese
Organic Black beans	50 pound	Year-round	Dan Bauer & Sons Farm

## Frog Holler

Frog Holler is a chef-driven produce distributor providing farm-fresh fruits and vegetables daily. Please call 734.663.5067 for pricing/purchasing information or visit [froghollerproduce.com](http://froghollerproduce.com) for more details. Frog Holler is able to source many products in addition to those listed.

Variety	Pack	Availability
Dry Black Beans	50 pound	Year-round



## Heritage Bean and Grain (Alma)

Heritage Bean and Grain sells Michigan dried beans in 25-pound, 50-pound and 100-pound bags. Please call 989.463.6505 for pricing information and details.

Variety	Pack
Navy	25, 50 or 100 lb bags
Black	25, 50 or 100 lb bags
Pinto	25, 50 or 100 lb bags
Light red kidney	25, 50 or 100 lb bags
Small red	25, 50 or 100 lb bags
Cranberry	25, 50 or 100 lb bags

## Pearson Foods Corporation (Grand Rapids)

Pearson Foods is a processor and distributor that sources, sells and processes Michigan produce. Contact a representative at 616.245.5053 or visit [pearsonfoods.com](http://pearsonfoods.com) for pricing information and details.

Variety	Pack	Availability	Source
Black Beans, Pre-soaked and vacuum-sealed	4/3 pounds	Year-round	Carlson-Arbogast Farms
Cranberry Beans, Pre-soaked and vacuum-sealed	4/3 pounds	Year-round	Carlson-Arbogast Farms
Kidney Beans, Pre-soaked and vacuum-sealed	4/3 pounds	Year-round	Carlson-Arbogast Farms
Navy Beans, Pre-soaked and vacuum-sealed	4/3 pounds	Year-round	Carlson-Arbogast Farms



Photo Credit—Pixabay



# Garlic

**Fact:**

Hardneck garlic, which has larger cloves than softneck garlic, can tolerate cold Michigan winters.

**Fact:**

Garlic can boost your immune system and improve cardiovascular health.

**Fact:**

Garlic is one of the oldest cultivated crops, with over 300 varieties now grown around the world.





*Photo Credit—Lindsey J. Scalera*

### ***Small but growing!***

Michigan's garlic industry is small but growing. Many distributors and food hubs do not list specific sourcing information for Michigan garlic, so no specific products are listed here. To connect directly with local farmers for Michigan garlic, visit a local farmers market or reach out to your local food hub to see if they may be able to find a larger supply of fresh garlic for your food service program. Remember that garlic is typically planted in the fall, so plan ahead to talk with local farmers who may be willing to plant a larger quantity for your future needs.



## AUTHORS

---

Mariel Borgman, MSU Extension  
Colleen Matts, MSU Center for Regional Food Systems  
Terry McLean, MSU Extension  
Lindsey Scalera, Ecology Center  
Kaitlin Wojciak, MSU Extension  
Garrett Ziegler, MSU Extension

## LAYOUT

---

Sarah Garner, Sarah Garner Design LLC

## LAST UPDATED

---

December 2019

## CONTACT US

---

[info@cultivatemichigan.org](mailto:info@cultivatemichigan.org)

Cultivate Michigan is a project of the Michigan Farm to Institution Network (MFIN).

MFIN is a space for learning, sharing and working together to get more local food to institutions. In 2014, MFIN launched Cultivate Michigan, a local food purchasing campaign designed to help farm to institution programs grow and track progress. We aim to meet the [Michigan Good Food Charter](#) goal of 20% Michigan food to institutions by 2020. Institutional food service programs can become Cultivate Michigan members to receive free product promotion materials and track local food purchasing progress over time.

The Michigan Farm to Institution Network is coordinated by the MSU Center for Regional Food Systems with support from MSU Extension. MFIN and Cultivate Michigan are funded, in part, by the W.K. Kellogg Foundation, the Kresge Foundation, and the Americana Foundation.

## LEARN MORE & JOIN THE NETWORK

---

[mifarmtoinstitution.org](http://mifarmtoinstitution.org)  
[cultivatemichigan.org](http://cultivatemichigan.org)

**MICHIGAN STATE** | **Extension**  
UNIVERSITY



**MICHIGAN STATE** | Center for  
UNIVERSITY | Regional Food Systems