

# Michigan Fresh



## It's Michigan Fresh...for you!

**W**hat's the best way to cook those vegetables you bought at the farmers' market? Learn about the best that the Great Lakes State has to offer with help from Michigan State University Extension's Michigan Fresh educational campaign.

Michigan Fresh helps people explore the state's bounty of fresh, locally grown fruits, vegetables, meats and more. On the Michigan Fresh website ([michiganfresh.msue.msu.edu](http://michiganfresh.msue.msu.edu)), you'll find information on recommended

varieties, storage, food safety, and preserving techniques for fruits and vegetables, and on planting and maintaining your lawn and garden.

Michigan is the nation's leading producer of blueberries, cucumbers for pickles, Niagara grapes, several dry bean varieties and tart cherries. The state produces more than 300 commodities on a commercial basis, making Michigan second only to California in agricultural diversity.

Michigan's food and agricultural system generates billions of dollars in economic activity each year. Production agriculture, food processing and related businesses employ more than 1 million Michigan residents.

With dozens of fruits and vegetables produced in Michigan, sourcing Michigan-produced fruits and vegetables is possible year round.

The goal of Michigan Fresh is to help you and your family eat, preserve, grow and learn about all that's Michigan fresh.

**Lawn or garden questions?**

Visit [migarden.msu.edu](http://migarden.msu.edu).

Call toll-free 1-888-678-3464.

Fact sheets are available on the Michigan Fresh website at [michiganfresh.msue.msu.edu](http://michiganfresh.msue.msu.edu) and at many farmers' markets across the state. Video demonstrations at [bit.ly/mifreshvideo](http://bit.ly/mifreshvideo).



## Michigan Fresh fact sheets

### Fruits

- Apples
- Blueberries
- Cherries
- Donating Fresh Fruits and Vegetables
- Peaches
- Pears
- Plums
- Raspberries
- Rhubarb
- Strawberries

### Vegetables

- Asparagus
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Cucumber Pickles
- Eggplant
- Garlic
- Greens
- Herbs
- Kale
- Kohlrabi
- Leeks

- Okra
- Onions
- Parsnips
- Peas
- Peppers
- Potatoes
- Pumpkins
- Radishes
- Rutabagas
- Snap Beans
- Summer Squash
- Sweet Corn
- Sweet Potatoes
- Tomatoes
- Turnips
- Winter Squash

### Gardening

- Christmas Trees
- Fall Vegetable Crops
- Growing Hops
- Growing Small Fruit
- Growing Tomatoes
- Growing Tree Fruit
- Healthy Transplants
- Soil Testing
- Starting Seeds
- Summer Lawn Care
- Tomato Diseases

### Food Preservation and Food Safety

- Basics of Water Bath Canning
- Freezing Foods
- Pressure Canning
- Safe Handling of Fruits and Vegetables

### Fish, Eggs and Nuts

- Chicken Eggs
- Edible Sweet Chestnuts
- Great Lakes White Fish

### Meats

- Beef
- Lamb
- Pork
- Poultry
- Venison

### Michigan Fresh in Spanish

- Cebollas
- Cosechando Tomates
- Manzanas
- Pimientos
- Tomates

### Michigan Fresh in Arabic

- Cabbage
- Cauliflower
- Cucumber Pickles
- Fresh Herbs
- Eggplant

### Michigan Fresh Recipe Cards

- Blueberry Muffins
- Broccoli Salad
- Oven-Baked Sweet Potato Fries
- Peach Crisp
- Microwave-Baked Apples