



GOOD FOOD - MILES BETTER

BUY LOCAL YEAR-ROUND!

There are many items available all year long in Northwestern Michigan, including:

- EGGS
- MILK
- CHEESE
- ICE CREAM
- YOGURT
- BUTTER
- MEAT
- FISH
- DRIED AND FROZEN FRUIT
- JAMS, SAUCES, SALSAS, AND HOT SAUCES
- BREADS AND BAKED GOODS
- GRANOLA
- HONEY
- MAPLE SYRUP
- CHOCOLATES
- VINEGARS
- HERBAL TEAS
- JUICE AND CIDER
- WINE
- BEER
- DISTILLED SPIRITS

You can also find locally grown trees, flowers, seedlings, and wreaths, as well as soaps, lotions, balms, sachets, yarns, and other products made with local ingredients.



FARM to SCHOOL

NORTHWEST MICHIGAN

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GET IT FRESH!

PRODUCE	HARVEST SEASON
APPLES	Mid-August to late October
APRICOTS	July to early August
ASPARAGUS	Early May to late June
BEETS	July to mid-October
BLACKBERRIES	Mid-August to late September
BLUEBERRIES	Late July to mid-September
BROCCOLI	Mid-July to mid-October
BRUSSELS SPROUTS	October
CABBAGE	Mid-August to late October
CARROTS	Late July to October
CAULIFLOWER	August to October
CHERRIES, SWEET	Early July to early August
CHERRIES, TART	July to August
CHESTNUTS	October
CORN	Late July to mid-September
CUCUMBERS	Early August to early October
EGGPLANT	August
GRAPES	September to October
GREEN BEANS	Early August to mid-September
LETTUCE	April to December
NECTARINES	August to September
ONIONS	Early July to late September
PEACHES	Mid-August to mid-September
PEARS	September to October
PEAS	June
PEPPERS	August to mid-October
PLUMS	July to September
POTATOES	Early September to late October
POTATOES, NEW	Mid-July to early September
PUMPKINS	September to October
RADISHES	June to October
RAMPS	Mid-April to June
RASPBERRIES	July to October
RHUBARB	May to June
SASKATOONS	July to August
SNAP PEAS	Late June to mid-July
SPINACH	June to October
SQUASH, SUMMER	Mid-July to mid-September
SQUASH, WINTER	Mid-September to mid-October
STRAWBERRIES	Mid-June to early July
TOMATOES	Early July to October

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