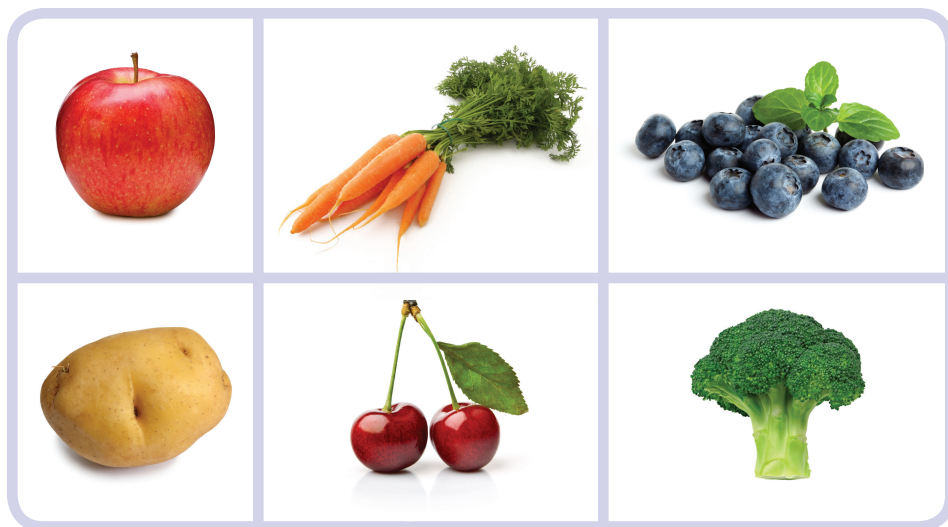


Michigan
Fresh



It's Michigan Fresh...for you!

What's the best way to cook those vegetables you bought this week at the farmers' market? How do you select and plant annual flowers that will make your yard pop with color? Learn about the best that the Great Lakes State has to offer in things that grow with help from the Michigan State University Extension (MSU Extension) Michigan Fresh program.

Michigan Fresh helps people explore the state's bounty of fresh, locally grown fruits, vegetables, flowers and ornamentals. Every week throughout the summer, 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 leading producer of dry beans and several varieties of annual flowers, including geraniums and petunias, and Easter lilies. We're also No. 1 in the nation in production of blueberries, cucumbers for pickles, Niagara grapes and tart cherries.

Michigan produces more than 300 commodities on a commercial basis, making the state second only to California in agricultural diversity.

The state's food and agricultural system generates \$91.4 billion 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 nearly 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.

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

Fact sheets are available on the Michigan Fresh website at bit.ly/msuemifresh and at many farmers' markets across the state. Video demonstrations at bit.ly/mifreshvideo.



Michigan Fresh fact sheets

Fruits

- Apples
- Blueberries
- Cherries
- Peaches
- Pears
- Raspberries
- Rhubarb
- Strawberries

Vegetables

- Asparagus
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Cucumber Pickles

- Eggplant
- Greens
- Herbs
- Kale
- Kohlrabi
- Leeks
- Onions
- Parsnips
- Peppers
- Potatoes
- Pumpkins
- Radishes
- Rutabagas
- Snap Beans
- Summer Squash
- Sweet Corn
- Sweet Potatoes
- Tomatoes
- Turnips
- Winter Squash

General Gardening Tips

- Fall Vegetable Crops
- Growing Small Fruits
- Growing Tomatoes
- Growing Tree Fruits
- Healthy Transplants
- Soil Testing
- Starting Seeds
- Summer Lawn Care
- Tomato Diseases

Food Preservation

- Basics of Water Bath Canning
- Pressure Canning

En Español

- Cebollas
- Cosechando Tomates
- Manzanas
- Pimientos
- Tomates