

Seasonal Fruits and Vegetables

When fruits and vegetables are in season and grown locally, they not only taste better but also contain more nutrients. Michigan and Illinois contain a variety of local produce. The chart below shows when fruits and vegetables are in season, so you can look for them at the grocery store or farmers market.

Fruit/Vegetable	Mar	April	May	June	July	Aug	Sept	Oct
Apples						X	X	X
Asparagus		X	X	X	X			
Beans				X	X	X	X	X
Blackberries				X	X	X		
Blueberries					X	X		
Broccoli	X	X	X				X	X
Cabbage	X	X	X			X	X	X
Cantaloupe					X	X	X	X
Cherries				X	X	X		
Cucumbers					X	X	X	X
Nectarines					X	X	X	X
Peaches					X	X	X	X
Peas				X	X			
Peppers					X	X	X	X
Plums							X	X
Potatoes			X	X	X	X	X	X
Squash				X	X	X	X	X
Sweet corn						X	X	X
Sweet potatoes							X	X
Tomatoes						X	X	X
Watermelon						X	X	X



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