

STRAWBERRIES



A perennial consumer favorite, Michigan strawberries are grown in every county across the state with Berrien, Leelanau and Van Buren being Michigan's largest strawberry producing counties

- **Michigan grows strawberries for both fresh and processed uses**
- **Michigan produces more than 43,000 tons of fresh strawberries and 3,000 tons of processed strawberries, generating \$6.6 million**
- **Most of the fresh Michigan strawberries are picked by consumers at “u-pick” operations around the state**

MICHIGAN STRAWBERRIES = HEALTHY

- **Strawberries contain 80% of the recommended daily allowance of vitamin C**
- **They are an excellent source of potassium, which can help control blood pressure and fight strokes**
- **They are an excellent source of fiber, which help reduce total cholesterol levels**



By local farm families. MichiganGrown.org