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
- Most of the fresh Michigan strawberries are picked by consumers at “u-pick” operations around the state
- 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

Michigan produces more than 43,000 tons of fresh strawberries and 3,000 tons of processed strawberries, generating $6.6 million