



AVAILABLE/IN-SEASON
AUGUST-OCTOBER

Updated 11/2024

Michigan Beans

Michigan beans: From navy to black, providing nutrient-packed power.

Michigan Bean Facts:

- Michigan producers grow a variety of dry edible beans including: azuki beans, black beans, cranberry beans, great northern beans, red kidney beans, navy beans, pinto beans, small red beans and yellow eye beans
- Michigan produces more than 400 million pounds of edible beans, ranking second in production of dry beans
- Michigan is the second largest producer of total beans, but first in the nation in the production of black beans, cranberry beans and small red beans [NN2] and second in the nation in the production of navy beans
- Rich farmland in Michigan's "thumb" counties produce more beans than any other place in the state
- Huron County is one of the top dry bean-producing counties in the nation

Nutrition

- Aside from meat products, dry beans are the highest source of protein available
- Beans have more fiber than any other unprocessed food
- Beans are low in sodium and fat
- They are high in calcium, phosphorous, potassium, thiamin and niacin
- They help reduce blood cholesterol levels and protect against heart disease

Michigan is no stranger to legumes! Michigan beans are dry edible beans, produced in abundance in our great state. You can find Michigan beans throughout the year, either canned or in dry packaging.

