

AVAILABLE/IN-SEASON
JULY-SEPTEMBER

Updated 11/2024

Michigan Cucumbers

Michigan cucumbers: Crunchy, versatile, and perfect for pickling.

Michigan Cucumber Facts:

- In 2016, Michigan produced 68 million pounds of fresh cucumbers, totaling \$15 million in sales
- Michigan ranks first in the nation for the production of cucumbers for pickling, totaling 236,700 tons with a value of \$47 million

Nutrition

- Fresh cucumbers are a very good source of vitamins A and C and the mineral molybdenum
- Cucumbers are rich in potassium, manganese, folate, dietary fiber and magnesium

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