



AVAILABLE/IN-SEASON
JULY - SEPTEMBER

Updated 11/2024

Michigan Plums

Michigan plums are delicious and nutritious fresh, frozen or canned.

Michigan Plum Facts:

- Plums in Michigan are grown by over 100 farms on 200 acres
- Michigan ranks 5th in the nation in the production of plums
- Most Michigan plums are of the Stanley, NY9, NY6 and Damson varieties
- Damsons are small, have a tart flavor and are used mainly for processing
- Stanleys, NY9 and NY6 are larger, elongated freestone European-type plums with blue-black skin and yellow flesh used as both fresh and processing products

Nutrition

- When dried, they are known as prunes. Both plums and prunes offer various health benefits, as they are packed with nutrients, fiber, and antioxidants.

The Michigan plum season typically runs from mid-July to late September, beginning a few weeks earlier in the southern area of the state.

