



AVAILABLE/IN-SEASON
SEPTEMBER- NOVEMBER

Updated 11/2024

Michigan Pumpkins & Squash

Michigan Pumpkins & Squash Facts:

- Michigan produces 146 million pounds of squash with a total production value of \$23.9 million
- Michigan pumpkins generates \$9.8 million from the 79 million pounds produced
- Michigan ranks second in the nation in the production of squash
- Michigan ranks fourth in the nation in the production of pumpkins
- Michigan pumpkins are used for processing and jack-o-lanterns

Nutrition

- Pumpkin is full of the antioxidant beta-carotene, one of the plant carotenoids converted to vitamin A in the body, which is key to overall health
- Squash is very low in saturated fat, cholesterol and sodium
- Squash is a good source of vitamins E and B6, thiamin, niacin, folate, calcium and magnesium
- Squash is a very good source of vitamins A and C, potassium, beta-carotene and manganese

Fall in Michigan wouldn't be complete without a visit to the pumpkin patch or time spent enjoying a warm Michigan squash recipe. Want to know when our Michigan-grown and Michigan-made products are freshest?

