



AVAILABLE/IN-SEASON
JULY - SEPTEMBER

Updated 11/2024

Michigan Raspberries & Blackberries

Michigan Raspberries & Blackberries Facts:

- Many raspberries are used in Michigan restaurants and processed into local preserves
- Fall fruiting blackberries have recently been developed and may help to extend the Michigan fresh blackberry season

Nutrition

- Michigan berries are low in carbohydrates, calories and fat
- They are rich in vitamin C, fiber and phytochemicals, which may help reduce the risk of certain cancers

The raspberry and blackberry industries in Michigan are relatively small, but these Michigan berries are prized by Michiganders nonetheless.

