

AVAILABLE/IN-SEASON
AUGUST - OCTOBER

Updated 11/2024

Michigan Tomatoes

Michigan tomatoes: Fresh, juicy, and perfect for every meal.

Michigan Tomato Facts:

- Michigan grows tomatoes for both fresh eating and processed uses
- Michigan ranks seventh in the nation in the production of fresh market tomatoes
- Michigan produces 132,600 tons of tomatoes for processing and 60 million pounds of tomatoes for fresh market
- The total value for processed and fresh Michigan tomatoes is \$35.5 million

Nutrition

- Tomatoes are an excellent source of vitamins C and A
- They are high in the antioxidant lycopene
- Tomatoes are low in sodium, saturated fat and cholesterol
- Tomatoes are a good source of vitamin E (alpha tocopherol), thiamin, niacin, vitamin B6, folate, magnesium, phosphorous, copper, dietary fiber, vitamin K, potassium and manganese

Some of the best recipes call for zesty and flavorful tomatoes, whether fresh or in the form of sauces, canned goods and more.

