

Use your **WIC Produce Connection** benefits to explore Michigan's growing seasons.

## Winter

Mushrooms  
Onions  
Potatoes  
Squash

## Spring

Asparagus  
Lettuce  
Mushrooms

## Summer

Apples	Mushrooms
Apricots	Nectarines
Asparagus	Onions
Beans	Parsnips
Beets	Peaches
Blackberries	Pears
Blueberries	Peas
Broccoli	Peppers
Cabbage	Plums
Cauliflower	Potatoes
Celery	Radishes
Cherries	Raspberries
Corn	Spinach
Cucumbers	Squash
Eggplant	Strawberries
Grapes	Swiss chard
Greens	Tomatoes
Lettuce	Turnips
Melons	

## Fall

Apples	Onions
Arugula	Parsnips
Beets	Pears
Broccoli	Peppers
Brussels sprouts	Plums
Cabbage	Potatoes
Carrots	Pie pumpkins
Cauliflower	Radishes
Celery	Rutabagas
Eggplant	Spinach
Grapes	Squash
Greens	Swiss chard
Melons	Tomatoes
Mushrooms	Turnips

