

# Sawyer Home Garden Center



## Fruits Michigan Farm Fresh Availability Calendar

	May	June	July	Aug	Sep	Oct	
Apples							> 8/15-2/28
Apricots							7/1-8/15
Blackberries							8/1-9/15
Blueberries							7/13-9/15
Cantaloupe							8/7-9/20
Cherries - Red Tart							7/1-7/31
Cherries - Sweet							7/1-8/31
Grapes							9/1-10/15
Melons							8/10-frost
Nectarines							8/20-9/10
Peaches							7/15-9/20
Pears							8/20-10/31
Plums							8/6-9/20
Raspberries							7/1-7/31 & 8/25-9/30
Rhubarb							5/1-5/31
Strawberries							6/7-6/30



## Veggies Michigan Farm Fresh Availability Calendar

	May	June	July	Aug	Sep	Oct	
Asparagus							5/1-6/30
Beans							7/1-9/30
Beets							8/1-10/20
Broccoli							7/10-10/15
Brussels Sprouts							> 10/1-11/15
Cabbage							7/1-10/31
Cauliflower							8/1-10/31
Corn							7/15-9/21
Cucumbers							7/1-9/15
Cucumbers - Pickles							7/7-9/21
Greens							6/1-10/0
Eggplant							7/1-10/31
Onions							> 8/25-1/31
Onions - Green							6/15-9/30
Peas							6/1-6/30
Peppers							6/15-10/15
Potatoes							> 8/1-3/31
Pumpkins							9/15-10/31
Radishes							6/15-10/31
Spinach							6/15-10/15
Squash: Yellow/Zucchini							7/15-9/15
Squash: Butternut/Acorn							> 9/15-12/31
Tomatoes							7/10-10/15

# Why Buy Local?

When you eat locally grown produce you are not only helping yourself and the community but the whole world! When you support local farmers by purchasing their produce you help the whole community. You also help yourself become healthier. When you buy local produce it is at its peak ripeness. The longer the food has to travel the more it loses its magic. When you eat foods at their peak ripeness they have higher levels of nutrients and vitamins that make you strong and healthy! There are so many benefits to buying local, it's hard to come up with a reason not to!

*Buy Local,  
Eat Healthy,  
Feel Better!*

\*Dates are an estimate. Availability depends on various conditions and is not guaranteed.

