

Fruits & Vegetables	Availability*	Thiamine	Riboflavin	Niacin	B6	Folate	B12	Iron	Magnesium	Calcium	Zinc	Vitamin A	Vitamin C	Selenium	Potassium
Apples	8/15-2/28	6	7	4	4	10	0	6	7	4	2	15	30	1	7
Apricots	7/1-8/15	3	4	5	4	3	0	3	4	2	2	60	26	0	11
Asparagus	5/1-6/30	13	11	7	6	17	0	16	11	3	5	20	13	4	8
Beans	7/1-9/30	6	7	4	4	10	0	6	7	4	2	15	30	1	7
Beets	8/1-10/20	3	3	2	5	37	0	6	2	2	3	1	11	1	13
Blackberries	8/1-9/15	2	2	5	2	9	0	5	7	4	5	6	50	1	7
Blueberries	7/13-9/15	4	4	3	4	2	0	2	2	1	2	2	24	0	3
Broccoli	7/10-10/15	4	6	3	8	14	0	4	5	4	2	11	135	3	8
Brussel Sprouts	10/1-11/15	8	5	3	10	13	0	7	5	4	2	13	125	2	10
Cabbage	7/1-10/31	4	2	1	6	10	0	2	3	4	1	2	54	0	4
Cantaloupe	8/7-9/20	5	2	6	6	9	0	2	5	2	2	120	108	1	14
Carrots	7/20-10-31	6	4	6	9	6	0	4	4	4	2	428	13	0	12
Cauliflower	8/1-10/31	4	4	3	11	14	0	2	4	2	2	0	77	1	9
Celery	7/1-12/31	1	3	2	4	9	0	1	5	4	1	9	5	1	8
Cherries	7/1-8/31	2	3	1	3	1	0	3	4	2	1	2	16	0	9
Corn	8/1-9/21	21	5	13	4	18	0	4	14	0	5	0	17	1	12
Cucumbers	7/7-9/21	2	2	0	2	2	0	2	4	2	2	2	4	0	4
Eggplant	7/1-10/31	2	2	3	3	5	0	1	3	1	1	0	3	0	5
Grapes	9/1-10/15	7	6	1	6	1	0	3	5	2	1	2	27	0	8
Greens (Salad)	6/1-10/10	2	2	1	2	10	0	4	2	2	1	36	3	0	4
Mushrooms	All Year	6	25	17	5	3	0	2	2	2	6	0	0	32	11
Nectarines	8/20-9/10	3	2	8	2	2	0	2	3	1	2	9	13	0	8
Onions	6/15-1/31	5	3	1	10	8	0	2	4	4	2	0	20	1	7
Peaches	7/15-9/20	2	3	6	2	2	0	2	3	1	2	10	17	0	8
Peas	6/1-6/30	26	11	15	12	24	0	12	12	4	12	22	97	4	10
Pears	8/20-10/31	1	1	1	1	2	0	0	2	0	0	0	8	0	4
Peppers	6/15-10/15	6	2	4	17	4	0	3	4	1	1	11	200	0	7
Plums	8/5-9/20	3	3	3	2	2	0	2	3	1	1	11	26	0	7
Potatoes	8/1-3/31	20	7	19	54	15	0	16	21	4	7	0	121	2	44
Pumpkins	9/15-10/31	4	8	3	4	5	0	5	3	2	7	171	17	0	11
Radishes	6/15-10/31	1	3	1	4	7	0	2	3	3	2	0	29	1	8
Raspberries	7/1-9/30	3	3	4	3	6	0	5	7	3	3	1	54	0	5
Rhubarb	5/1-5/31	2	2	2	1	2	0	1	4	10	1	2	16	2	10
Spinach	6/15-10/15	2	3	1	3	15	0	5	6	3	1	56	14	0	5
Squash	7/15-9/15	4	9	3	12	8	0	2	5	2	2	5	32	10	8
Strawberries	6/7-6/30	2	2	3	4	9	0	3	5	2	1	0	149	1	7
Sweet Potatoes	9/15-10/31	7	5	4	14	4	0	5	8	4	3	377	5	1	13
Tomatoes	8/10-10/15	4	2	4	6	6	0	2	4	1	2	25	32	0	10
Turnips	6/10-11/15	3	3	2	7	27	0	3	4	10	1	127	55	1	5
Watermelon	8/10 – Frost	3	2	1	3	1	0	2	4	1	1	18	21	1	5

*Source: Michigan State University Extension Service

DV Source: www.nutritiondata.com

Good Source = 10-19% Daily Value

Excellent Source = ≥ 20% Daily Value