Michigan ranks fourth in the nation for peach production and fifth for plum production. Most large peach and plum farms are located along the coasts of the lower peninsula. Stone fruits are good sources of potassium and vitamins A and C. Michigan ranks fourth in the nation for peach production and fifth for plum production.
Cultivate Michigan is excited to introduce Michigan Stone Fruits as the featured food of summer 2017. Michigan is a large producer of ripe, juicy orchard “stone” fruits—peaches, plums, apricots and nectarines. These quintessential fruits of summer have sweet and tart qualities, interesting textures and flavors that make them a tasty favorite for cooking and fresh eating. Recipes ranging from the simple to the exotic offer interest and variety for your snacks and meals. Breads, muffins, pies, cobblers, bars, crisps, preserves and fruit salsas are just some of the possibilities for preparing stone fruits. Michigan peaches, plums, apricots and nectarines are delicious and nutritious fresh, frozen, dried or canned.

The Michigan Stone Fruits Toolkit provides resources to help make it easier for institutions to find, buy and use these delicious summer fruits year-round. Learn how to purchase Michigan stone fruits from distributors or directly from farmers, find recipes that have been tested and perfected by food service staff members, and use the marketing materials to share the results of your efforts with staff members, eaters and communities. Then track your local purchases through the Cultivate Michigan Dashboard as we work towards reaching the goal of 20% Michigan foods in all Michigan institutions by 2020.

Quick Tips and Facts about Apricots, Peaches, Nectarines, and Plums

1. **Nutrition Tip:** Stone fruits are good sources of potassium and vitamins A and C.

2. **Fact:** Michigan ranks fourth in the nation for peach production and fifth for plum production.

3. **Fact:** Over 300 farms grow peaches on 3,300 acres in Michigan.

4. **Nutrition Tip:** Plums contain dietary fiber, sorbitol and isatin, which help regulate the digestive system.

5. **Fact:** Plums suitable for drying have high sugar content that inhibits spoilage of the final product.

6. **Fact:** Most large peach and plum farms are located along the coasts of the lower peninsula, as the Great Lakes provide protection from low temperatures.

7. **Storage Tip:** With relatively short-term fresh availability, stone fruits can be frozen, canned or dried for year-round availability.

8. **Fact:** Up to 16,000 tons of peaches valued at over $12 million are produced in Michigan annually.

9. **Fact:** The main difference between peaches and nectarines is that peaches have fuzzy skin and nectarines do not.
**Stone Fruit Guide**

**What Makes a Fruit a Stone Fruit?**

The more common varieties of fruit that fall into the category of “stone fruits” include peaches, plums, apricots and nectarines. (Cherries, the Cultivate Michigan featured food of winter 2016, are also considered a stone fruit.) Stone fruits are most easily identifiable by their hard inner pit, which in some cases resembles a stone. These stones are referred to as drupes in the horticultural world and act as a protector for the seeds within them.

**A “Peachy” Past: Growth, Decline and the Havens**

Stone fruits, specifically peaches, have an interesting history in Michigan. In the mid-1800s, the booming peach industry in southwest Michigan provided for the growth of towns like Benton Harbor and was driven by demand from Chicago. The proximity of Michigan’s “fruit belt” allowed for easy transport and distribution of fresh peaches. By 1870, over 6,000 acres of Berrien County had been planted in peach orchards—more than all the other counties in Michigan combined. (Compare this with only 3,300 acres of peach orchards across the state in 2016.) Initially, peaches were transported by ship across the lake to Chicago and Milwaukee ports, but the introduction of the railroad to Benton Harbor in 1870 made express railcar the preferred method of transportation.

The Michigan peach industry continued to grow until the mid-1870s, when a disease called peach yellows hit orchards across the southwest part of the state. This disease causes premature ripening and an unnaturally red color of the fruit, resulting in an unpleasant taste. Although many remedies were tested, most infected trees were chopped down and burned. Only 503 acres of peaches remained in Berrien County in 1874. In fact, a law was passed by the state legislature in 1875 that compelled growers to destroy diseased trees at once. The industry would rebound, however, fueled by high prices for the valuable fruit; 1898 marked the height of Michigan’s peach industry with 12.5 million trees across the state. But devastation hit again 1906, this time with a harsh early fall snowfall and freezing temperatures that reduced the number of trees in Berrien County from 1.3 million to just 200,000. Then, the introduction of the refrigerated railcar allowed delicate and easily spoiled fresh peaches to be transported cross-country, and other production regions entered the Chicago market.

While Michigan was no longer the center of U.S. peach production after refrigerated railcars began to be used, the state continued to contribute to the peach industry. Michigan State University professor Stanley Johnston developed the Haven peach varieties at the South Haven Experimental Station between the 1920s and 1960s. From thousands of cross-bred seedlings, eight yellow-fleshed freestone peach varieties were selected and given “haven” names. Of these eight, the Redhaven variety became the most commercially popular. It was the first red-skinned peach to be grown commercially and is now the most widely planted freestone peach variety in the world. The development of these eight varieties also allowed the peach harvest to be extended from about three weeks to more than seven weeks.

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1 Information adapted from the Michigan Peach Sponsors website: [michiganpeach.org](http://michiganpeach.org)
Stone Fruit Guide

Product Sourcing Information—Stone Fruit

On the following pages, you will find item descriptions, pack sizes, seasonal availability and item codes for Michigan stone fruits from different suppliers. This information is categorized by the size of the supplier/distributor. Contact information is listed for each supplier to help make it easier to find and buy Michigan stone fruits when available.

Full Service (Broadline) Distributors

Several broadline distributors provide Michigan institutions with Michigan stone fruits. Listed below are distributor names and contact information and the products offered by each.

Gordon Food Service

Headquartered in Wyoming, Michigan, Gordon Food Service has been delivering quality products and services since 1897. Please call 800.968.4164 and provide an item/product number to receive pricing and purchasing information. You may also visit gfs.com for more details.

<table>
<thead>
<tr>
<th>Item</th>
<th>Pack</th>
<th>Item Code</th>
<th>Availability</th>
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<tr>
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<td>Greg Orchard and Produce</td>
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<td>25 pound</td>
<td>700032</td>
<td>August–September</td>
<td>Greg Orchard and Produce</td>
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</table>

Sysco (Grand Rapids)

Be sure to contact your Sysco representative for all Michigan Produce Items (MIPROD). You may also visit syscogr.com for more information.

<table>
<thead>
<tr>
<th>Item</th>
<th>Pack</th>
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<th>Availability</th>
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<tbody>
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<td>Peaches</td>
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</table>

US Foods

Contact your US Foods sales representative or visit usfoods.com for more information.

<table>
<thead>
<tr>
<th>Item</th>
<th>Pack</th>
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</thead>
<tbody>
<tr>
<td>Peaches</td>
<td>38 pound</td>
<td>6674271</td>
<td>August–September</td>
</tr>
</tbody>
</table>

Van Eerden Foodservice

Please call 800.833.7374 for pricing/purchasing information or visit vaneerden.com for more details.
Regional and Specialty Distributors

These companies tend to distribute food regionally and can provide Michigan stone fruits to institutions located in their area. Contact each supplier directly to find out about their specific delivery area and product availability.

Allen Market Place (Lansing)
With more than 60 farms and food producers registered, the Exchange at Allen Market Place offers a full range of food products. Orders placed by 7 p.m. Monday are fulfilled by Wednesday afternoon the same week. Questions about current product availability or purchasing should be directed to John McCarthy, Exchange Manager, at 517.999.3923 or exchange@allenneighborhoodcenter.org.

Atlas Wholesale Food Company (Detroit)
Atlas is a broadline food service distributor that has been based in the city of Detroit for more than 67 years. Atlas’s locally owned and operated fleet of trucks distributes to restaurants, institutions and Head Start programs in southeast Michigan. Contact Atlas at sales@AtlasWFC.com for more information.

Coastal Produce Distributors
Locally owned and operated, Coastal Produce is located in Detroit and delivers fruits, vegetables, dairy, frozen foods, spices and processed foods throughout Michigan and Northern Ohio. Coastal Produce purchases all local produce when in season. Please call 877.291.8304 or visit coastalproduce.net for detailed product and ordering information.
Cherry Capital Foods (Statewide)
Cherry Capital Foods distributes only Michigan-made and Michigan-produced products within the state. Please call 231.943.5010 ext. 1 or email sales@cherrycapitalfoods.com (include subject line “Farm to Institution”) for more pricing/purchasing information. Join the Cherry Capital Foods mailing list for up-to-date product information at cherrycapitalfoods.com.

<table>
<thead>
<tr>
<th>Fruit and Pack</th>
<th>Item Code</th>
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<th>Availability</th>
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<td>Bardenhagen Farm</td>
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<td>Apricot, 20 pound</td>
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<td>Fredrickson Farm</td>
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<td>Apricot, 20 pound</td>
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<tr>
<td>Apricot, 20 pound</td>
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<td>Gavin Orchards</td>
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<td>Nectarine, ½ bushel</td>
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<td>Peach, Red Haven, 23 pound</td>
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<td>Peach, Saturn, 23 pound</td>
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<td>Plum, Shiro, 25 pound</td>
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<td>Plum, Stanley, 25 pound</td>
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<td>Plum, Yellow Shiro, ½ bushel</td>
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Stone Fruit Guide

FRESH STONE FRUIT (continued)

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<td>Plum, Stanley, ½ bushel</td>
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<td>Peach, organic, white flesh, 12 count</td>
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<td>Northern Natural Organics</td>
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<td>Nectarine, 18 pound</td>
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FROZEN STONE FRUIT

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<td>Michigan Farm to Freezer</td>
<td>Year-round</td>
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<td>Peach, IQF slices, 4/5 pound</td>
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<td>Michigan Farm to Freezer</td>
<td>Year-round</td>
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<tr>
<td>Peach, IQF slices, 12/2 pound</td>
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<td>Year-round</td>
</tr>
<tr>
<td>Peach, IQF sliced tub, 6 pound</td>
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<td>Leelanau Fruit</td>
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<tr>
<td>Peach, IQF sliced, 40 pound</td>
<td>SMO00011</td>
<td>Smeltzer Orchards</td>
<td>Year-round</td>
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</table>

Lumetta Produce
Lumetta Produce is located in Madison Heights and features a variety of fresh and frozen stone fruits. Please contact Sam Lumetta for more information at 248.616.1900 or visit lumettaproduce.com.

Pearson Foods Corporation (Grand Rapids)
Pearson Foods is a processor and distributor that sources, sells and processes Michigan produce. Contact a representative at 616.245.5053 or visit pearsonfoods.com for pricing information and more details.

Shelton’s Wholesale Farm Co. (West Michigan)
Please call Joe Shelton at 269.684.3230 for a current list of available Michigan-grown stone fruits.

Tedesco Produce Co., Inc. (Clinton Twp.)
Please call Teddy Tedesco at 586.405.2080 for a current list of available Michigan-grown stone fruits.

West Michigan FarmLink (Grand Rapids)
West Michigan FarmLink is an online wholesale food hub servicing the greater Grand Rapids area and connecting local area chefs, restaurateurs, institutions and schools with Michigan farmers and producers of good food products. This open exchange’s product offerings, growers and availability change weekly, so visit wmfarmlink.com or contact Paul Quinn at quinn@wmfarmlink.com for up-to-date product listings and pricing.
Resources

Resources for Farm to Institution Support

MSU Center for Regional Food Systems
foodsystems.msu.edu

Ecology Center
ecocenter.org/food-systems

Michigan State University Extension
Locate your county MSU Extension office.
msue.msu.edu

Resources for Linking with Local Farmers

Below is a list of statewide and regional resources to help you connect with local Michigan farmers who may be able to supply you directly with stone fruits.

Statewide Resources

Local Harvest
Locate farmers markets, family farms, community supported agriculture (CSA) and other sources of sustainably produced food.
localharvest.org

Michigan Peach Sponsors
Find a list of local peach growers by county.
michiganpeach.org

Michigan Plum Growers
Find where to buy plums with an interactive map.
michiganplum.org

Michigan MarketMaker
This interactive mapping system links producers and consumers in Michigan.
mi.foodmarketmaker.com

Michigan Farmers Market Association
Find the locations of farmers markets across the state.
mifma.org/findafarmersmarket/

Michigan Food and Farming Systems (MIFFS)
MIFFS connects beginning and historically underserved farmers to resource opportunities.
miffs.org
Resources for Linking with Local Farmers (continued)

**Natural Resources Conservation Service**
This site provides a listing of county and state service offices.
1.usa.gov/1kMidud

**Michigan Farm Bureau**
Locate the local Michigan Farm Bureau office in your county.
michfb.com/MI/mfb/countyfarmbureaumap.aspx

**Michigan Agricultural and Commodity Organizations**
The Michigan Agricultural Commodity directory lists the locations of and contacts for the agricultural commodity organizations in Michigan (updated October 2014).
1.usa.gov/1msHb5c

**Michigan Organic Food and Farming Alliance (MOFFA)**
Visit this site to download MOFFA's Guide to Michigan’s Organic and Ecologically Sustainable Growers and Farms.
moffa.net/farm-guide.html

**Certified Naturally Grown**
This site provides a current list of certified small-scale, direct-to-market farmers and beekeepers who use natural growing and harvesting methods in Michigan.
certified.naturallygrown.org/producers/list/227/MI

**Regional Michigan Resources**

**Michigan Food Hub Learning and Innovation Network**
Food hubs are centrally located facilities that aggregate, store, process, distribute and/or market locally or regionally produced food.
foodsystems.msu.edu/our-work/michigan_food_hub_learning_and_innovation_network/index

**U.P. Food Exchange**
This group connects local food activity within three regions (Eastern, Central and Western) of the Upper Peninsula and coordinates local food efforts between the regions.
upfoodexchange.com

**Taste the Local Difference**
From the Groundwork Center for Resilient Communities, this resource connects consumers in northwest Lower Michigan to local food and farms, restaurants and businesses.
localdifference.org
Stone Fruit Recipes

Michigan Stone Fruit Recipes

Nothing says summer more than juicy, fresh peaches, plums, apricots and nectarines. There are many ways to integrate fresh, frozen and processed Michigan stone fruits into your food service operation. The recipes below feature specific stone fruits, but they can easily be adapted to include a different variety or fruit that you may have on hand.

Oatmeal with Fresh Peaches and Cinnamon

**Ingredients**

- 4.2 pounds rolled oats*
- 2 quarts + 2 cups water
- 2 quarts + 2 cups 1% milk
- 2½ teaspoons kosher salt
- 7 cinnamon sticks
- 50 Michigan peaches, washed
- 1 tablespoon + 2 teaspoons fresh lemon zest, finely grated
- 3 tablespoons + 1 teaspoon honey, or to taste

*For quick-cooking oats, use ratio of 1 cup water to 1 cup 1% milk.

**Directions**

Place the milk, water, cinnamon sticks and salt in a large pot and bring to a boil. Slowly stir in the rolled oats. Bring the oat mixture up to a simmer and cook slowly, stirring regularly to ensure it does not stick to the pot and burn. Cook the oats until they become creamy and have the desired thickness.

Slice the peaches into a bowl. Add the lemon zest and drizzle with the honey. Mix with the peaches and set aside until the oatmeal is done. To serve, remove the cinnamon sticks from the oatmeal and serve with peach mixture on top. Drizzle each bowl with some of the peach juice. Serve immediately.

**Yield:** approximately 100 servings

**School meal equivalents:** fruit (¼ cup), grain (½ cup)

Recipe courtesy of Community Alliance for Family Farms’ Harvest of the Month Guide.
Stone Fruit Recipes

Fresh Peach Fruit Leather

Ingredients
5 ripe Michigan peaches
2 tablespoons honey

Directions
Preheat the oven to 200°F. Line a baking sheet with parchment paper and set aside. Pit and slice the peaches. (You can leave the skins on.) Place peaches in the bowl of a food processor. Add the honey and process until as smooth as applesauce.

Pour the fruit mixture over the parchment paper. Evenly spread with the back of a spoon into a large, thin rectangle. Bake for 3 to 4 hours, until the fruit feels dry and no longer sticky. Cool for 2 to 3 hours to soften.

Peel the fruit leather off the parchment paper and transfer to a cutting board. Cut into strips with a pizza cutter. To store, roll up each ribbon in plastic wrap.

This recipe can easily be adapted for larger quantities.

Yield: 12 to 14 pieces

Recipe provided courtesy of Community Involved in Sustaining Agriculture (buylocalfood.org).
Nectarine and Peach Smoothies

The following recipe is designed around a classroom lesson/activity.

**Ingredients**

- 6 Michigan nectarines
- 6 Michigan peaches
- 4½ cups plain, unsweetened yogurt (or milk)
- 4½ cups orange juice
- 6 tablespoons honey

**Directions**

**PREPARATION**

Have students wash their hands. Discuss proper methods of handling food. Wash nectarines and peaches, scrubbing off peach fuzz in particular, and place them in the colander to drain.

**SAFETY PRECAUTIONS**

Review safety precautions for using knives. Unplug the blender before putting utensils or hands into the blender jar.

**MAKING THE RECIPE**

Demonstrate cutting each type of fruit into wedges and cutting them from their pits. Show the different fruit parts: pit, skin and flesh. Have students examine and make journal notes about the texture, size, color, shape and smell of each part of each fruit.

Have students place the fruit wedges in bowls. Collect the bowls, place them on the demonstration table next to the blender, and have students to gather around the table. Ask two students to put all the fruit in a large mixing bowl and mix. Ask students how many batches they think it will take to blend the ingredients for the smoothies. Have students divide the ingredients into equal batches and place each batch separately into the blender.

Blend each batch until smooth. Pour into the pitchers, and serve in a cup for each student. While students drink the smoothies, discuss the differences among the fruits.

Clean up materials. If you have a school or classroom compost or worm bin, place the food scraps there.

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Yield: 20 servings (class of 20 students)

Recipe and activity provided courtesy of *Kids Cook Farm-Fresh Food* by Sibella Kraus, published by the Nutrition Services Division of the California Department of Education (cde.ca.gov).
Stone Fruit Recipes

Plum Chipotle Sauce

Ingredients

5 quarts very ripe Michigan plums, pitted as needed
4 cloves garlic, pressed
1 onion, finely chopped
6 cups white sugar
½ cup apple cider vinegar
2 tablespoons Southwest chipotle seasoning
1 tablespoon roasted garlic seasoning
1 jalapeño pepper, finely chopped (remove seeds for milder flavor if desired)
7 teaspoons salt
1 teaspoon liquid smoke flavoring (optional)

Directions

Place the plums, a few at a time, into a colander set over a large bowl. With gloved hands, squeeze the plums in the colander, forcing the juice through the holes of the colander. Discard spent pulp, and repeat to produce 8 cups of plum juice.

Pour ¾ cup of plum juice into a small saucepan with garlic and onion, place over medium heat and bring to a boil. Reduce heat to medium low and simmer until the onion is translucent, about 5 minutes.

Pour the juice-onion mixture into a large pot, and add the remaining 7¼ cups of plum juice. Stir in the sugar, apple cider vinegar, Southwest chipotle seasoning, roasted garlic seasoning, jalapeño pepper, salt and liquid smoke flavoring until the sugar and salt have dissolved. Bring the mixture to a boil over medium heat and reduce heat to a simmer. Stir frequently to prevent burning. Cook the sauce down until thickened, about 1½ hours.

Yield: 4 pints

Recipe provided courtesy of Michigan Plum Growers.
Spicy Oven-Roasted Plums

Ingredients

4 Michigan plums, halved and pitted
½ cup orange juice
2 tablespoons packed brown sugar
¼ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
¼ teaspoon cumin
¼ teaspoon ground cardamom

Directions

Preheat oven to 400°F. Grease a shallow baking dish with cooking spray. Place the plums, cut side up, in a single layer in the baking dish.

Whisk together the orange juice, brown sugar, cinnamon, nutmeg, cumin and cardamom in a bowl; drizzle over the plums.

Bake in preheated oven for 20 minutes, or until plums are hot and the sauce is bubbly. Serve immediately.

Yield: 4 servings of 1 plum each

Recipe provided courtesy of Michigan Plum Growers.
Cultivate Michigan is a project of the Michigan Farm to Institution Network (MFIN).

MFIN is a space for learning, sharing and working together to get more local food to institutions. In 2014, MFIN launched Cultivate Michigan, a local food purchasing campaign designed to help farm to institution programs grow and track progress. We aim to meet the Michigan Good Food Charter goal of 20% Michigan food to institutions by 2020.

The Michigan Farm to Institution Network is co-coordinated by MSU Center for Regional Food Systems and Ecology Center, with support from MSU Extension.

LEARN MORE & JOIN THE NETWORK
mifarmtoinstitution.org