

California Strawberry Festival

FOR IMMEDIATE RELEASE:

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2017 CALIFORNIA STRAWBERRY FESTIVAL BERRY BEST TRIVIA

OXNARD, CA -- In celebration of the tasty and juicy fruit that wears its seeds on the outside, the 34th annual [California Strawberry Festival](#) is "jam packed" with fun the weekend of May 20 and 21 at College Park in Oxnard (3250 South Rose Avenue). More information about the Festival is available by calling 1-888-288-9242 or by visiting the official website at www.castrawberryfestival.org.

It's All Child's Play...

It is rumored that strawberries got their name from English children, who picked the berries, strung them on grass straws and sold them to others as "Straws of Berries."

Now That's A Lot Of Frequent Flyer Miles...

If last year's crop of California strawberries was lined up, berry to berry, they would cross the world 15 times. That's enough to provide every U. S. household with 12 pint-sized baskets of strawberries.

Berry Winter Wonderland...

In January and February alone, California strawberry growers produced more than 649 million strawberries. That's enough strawberries to cover the San Francisco Golden Gate bridge 15 times.

A Seedy Fact...

There is an average of 200 seeds on each strawberry and technically each yellow seed is an individual fruit itself.

I'd Like To Thank the Academy...

It would take 7,000 strawberries to create the red carpet that welcomes the stars to the Academy Awards every year.

Here's To Your Health, Baby!...

The U.S. Census reports that nearly four million babies will be born this year. By eating strawberries, expectant mothers consume folic acid, an important B vitamin that helps prevent neural tube birth defects such as spina bifida.

Eight Is Enough!...

Eight medium sized strawberries supply 160 percent of the recommended intake of vitamin C, 270 milligrams of potassium, 4 grams of dietary fiber and 20 percent of the daily need for foliates.

Hey, Mikey Likes It!...

Strawberries are a favorite with people of all ages, especially children. In a recent survey, kids seven to nine years old picked strawberries as their favorite fruit, followed by grapes, apples, oranges and bananas.

California Dreaming...

California provides approximately 88 percent of the nation's strawberries.

"BERRY" HEALTHY TIPS

*Fresh juice from sieved strawberry pulp has a cooling effect on feverish patients. For a cooling and purifying drink, either pour water on crushed berries or chop the berries roughly and whirl in a blender with a little water.

*As part of the 5-a-day program suggested by the American Cancer Institute, strawberries can also play a part in helping you to reduce the risk of cancer or heart disease.

*Strawberry juice combined with honey will reduce inflammation or sunburn. Rub the mixture thoroughly into the skin before rinsing off with warm water and lemon juice.

GROWING CALIFORNIA STRAWBERRIES

*From the end of September through the end of October, strawberries are planted and harvesting occurs from mid-December through mid-July in Oxnard, CA, which produces more than 27 percent of the state's strawberries. The peak harvesting season in California runs from April through June, when up to 10 million pint baskets of strawberries are shipped daily.

*Every strawberry plant is handpicked approximately every three days. This is the time in which it takes for strawberries to complete their cycle of turning from green to white to red. There is no storage of fresh strawberries. After picking, they are rushed to coolers where huge fans extract the field heat. Then they are delivered to supermarkets across the country via refrigerated trucks.

California Strawberry Festival general admission is \$12, seniors 62+ are \$8 and children ages 5-12 are \$5. Kids 4 and under are free. Active military and dependents with ID are \$8. Hours are 10:00a.m. to 6:30p.m. The location is Strawberry Meadows of College Park at 3250 South Rose Avenue in Oxnard. Tickets can be purchased in advance at www.strawberry-fest.org. The information line is 1 888 288-9242.

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