OREGON
STRAWBERRIES

Oregon ranks third in the nation in strawberry production after Florida and California.

Strawberries have been known of since the time of the Greeks and Romans.

On average, there are 200 tiny seeds on every strawberry.

Strawberry plants can remain productive for 3 to 4 years.

Nutrients found in Strawberries

- Strawberries are packed with antioxidants, most notably anthocyanin (the pigment that makes strawberries red).
- Strawberries are a good source of manganese and fiber.
- Strawberries are an excellent source of vitamin C, which promotes a healthy immune system, heals cuts and wounds, and helps our bodies fight infection.
- Strawberries are an excellent source of folate which is needed for healthy pregnancy and helping cells grow and repair.

Commercial strawberry farming began in America about 1800 near the eastern cities, and moved west with the pioneers.

Oregon's climate is ideal for growing strawberries. The cool nights and sunny days of spring and early summer let berries ripen slowly, which allows the sugars in the berries to increase until just before harvest.

While there are dozens of varieties, approximately 70% of Oregon's commercial berries are of the Totem, Tillamook or Hood varieties.

Most of Oregon's berries are ripe in June; the harvest only lasts about three weeks.

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