



News from [New York State Berry Growers Association](http://www.nysbga.org)

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NYS Strawberries Officially Open the 2009 Season

Log onto [NYSBGA.org](http://www.nysbga.org) for a site near you

LEWISTON, NY (06/04/2009) -- What suggests summer more than the awareness that the warm spring sunshine is ready to serve up one of Nature's early treats! Fresh locally grown strawberries are popping up all across the Hudson Valley at local markets and those fun u-pick locations just down the road from you.

To find a local farm that will offer you fresh strawberries simply click onto the web site <http://www.nysbga.org/>. There you can easily find locations, times and the fun filled opportunities that are awaiting you and your family at these local sites. Pick a farm and introduce your family to the joys of picking Nature's early treats directly from a patch near you. Nothing matches the joy of selecting that perfect berry and popping it directly into your mouth! Now that is fresh to you! Simply log onto NYSBGA for a location right in your back yard.

Strawberries are a great excuse to eat right! They are not only sweet and juicy but they are actually very good for you. How many other sweet candy-like treats can make that claim? Strawberries offer a great source of vitamin C and those now famous antioxidants we are all trying to weave into our diets. Enjoy them fresh or take them home and serve your family a world class dessert of strawberry shortcake. There are many other ways to extend this season by freezing or preserving this local treat.

The season is here and it is up to you to seize the opportunity and visit your local strawberry patch before it is too late. Log onto the site and then enjoy one of Nature's most delicious treats, fresh strawberries from New York State. The season is here and it will not last forever so pack up the family and head to your local berry patch to enjoy the first sweet taste of summer.