

# 15 years International Fruit Day 1st July

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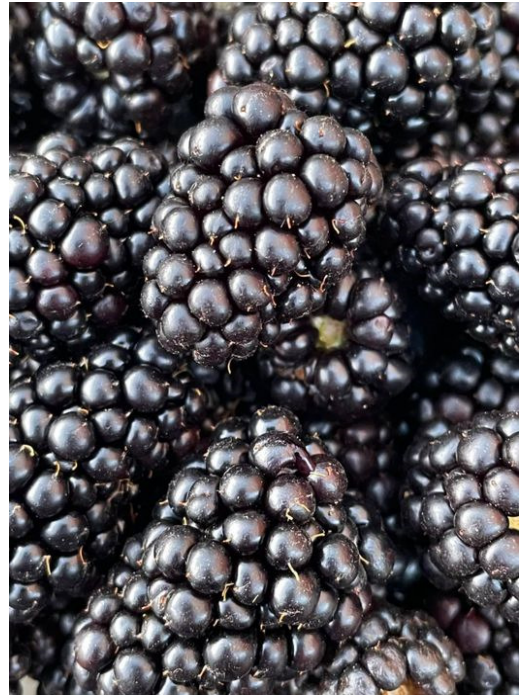
A group of students from Berlin created Fruit Day.

The fruitful thought to celebrate International Fruit Day originated from the will to create a worldwide festival day for people of any culture, nation, mentality, religion and way of life. The aim is to share fruits in sympathy and joy with family, friends or needy people.

International Fruit Day addresses to all people who create and preserve positive living conditions.

Announced and celebrated for the first time at the wall park in Berlin International Fruit Day annually takes place at many places worldwide where people share their favorite fruit with others. These may be family, friends or colleagues.

Annually 1st July International Fruit Day is celebrated to share fruit. Fruitday has since become a phenomena in www in more than 45 countries such as Indonesia, India and Nigeria, where fruits are shared in schools or with needy people.



The two 17 year old Ahmad and Kristian together with Momo (19 years) from SOS-Kinderdorf Berlin prepared this years vote for Fruit Of The Year 2022. They randomly choose ten fruits from hundreds and the vote ran on soial media channels. Blackberry won this years vote with 24,56 %.

Due to recent events this years motto of International Fruit Day is "fruitful peace".

Blackberries originate from North America and are cultivated in Europe for 300 years. Today they may even be found in the wild, near forrests and alongside river banks. The plant is in the same botanical family as roses. The bushes grow thornes to protect the plant too. The berries grow from by insects polluted white blossoms. They accumulate beneficial components with a high content of flavonoids until ripe. Other active ingredients strengthen the immune system, help with vein problems, strengthen connective tissue and vessel walls.

At a picnic with family and friends International Fruit Day may be celebrated worldwide where ever you are. Blackberries never come alone but in large quantities. The power berries are best enjoyed fresh or in a fruit salad. The also make delicious jam or give cakes tasteful flavor and color.

<http://internationalfruitday.jimdo.com/>

<https://www.facebook.com/internationalfruitday>

#internationalfruitday

#FruitOfTheYear

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Please forward this information to who it may concern. I will be happy to answer any further questions.

With fruity Regards

socialjoker – fruit for life

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international  
Fruitday.