

# California, The Golden State



California covers around the same area as Japan. What's it like there?  
Ehime Prefectural CIR Makoto Schroeder introduces different regions in the state.



## San Francisco

Famous for its museums, opera, parks and surrounded by the sea, San Francisco is the great cultural city of northern California. Its most famous attraction is the 1.6 km Golden Gate Bridge, which spans the bay of San Francisco as it opens to the Pacific Ocean. Not quite as long as Ehime's Shimanami Kaido, but it's a popular cycling spot. Also well-known for its thriving LGBTQ+ community, San Francisco is always at the cutting-edge of American culture. San Francisco is home to great food, boasting 38 restaurants with Michelin Stars; it ranks #9 among all cities for number of Michelin Star eateries.

## Los Angeles

By population density, LA is America's #2 city. Located in southern California, it's known as the center of the entertainment industry. Like San Francisco its arts scene is rich, but tilted towards pop culture.

Hollywood gave birth to famous entertainment companies like Universal Studios and Disney, and many celebrities live nearby. Popular sports team like the Lakers are also based here.

LA is also home to a Japanese-American shopping district known as 'Little Tokyo.' You can find temples, Japanese groceries and the Japanese American National Museum.



## Sacramento

The capital of the state of California.

In 1848 gold was found near Sacramento, and many people from around the country moved here to seek their fortunes. This period is known as the 'Gold Rush.'

Just as you can see traces of the Edo and Meiji periods here in Ehime in Uchiko town, you can see the history of the Gold Rush-era reflected in Old Sacramento. The California State Railroad Museum can also be found here.

Many local farmers export goods around the country. With a 40-year-old Farmer's Market, Sacramento is known as the USA's 'Farm-to-fork' capital.

## San Diego

Located at the southernmost tip of California, San Diego is home to the world's 6th-largest zoo. Catch this zoo's famous flamingo flock!.

You can enjoy whale watching or catch a cruise here on San Diego's famous beaches. At Sea World, a theme park celebrating aquatic life, you can enjoy ocean-themed activities, food and sight-seeing to your heart's content.

Located near Mexico, San Diego is also a famed treasure-trove of authentic Mexican food.



Trivia : The State Animal of California is the California Grizzly Bear, pictured on the state flag.

You can find the USA's national bird, the Bald Eagle, on California's Catalina island!





# Gourmet Cal !

California is home to immigrant communities from around the world. So what sort of foods do Californians like to eat?



## Cobb Salad

A salad that was born in a Hollywood restaurant in the 1930s that includes lettuce, tomatoes, avocados, eggs, chicken, onions and bacon. The inventor was a restaurant owner who got home late, and being very hungry tried putting every leftover in the house into a salad. It turned out so well that they started serving it at the restaurant.



## Cioppino

A seafood stew containing mussels, clams, squid, crab, white fish, tomato sauce, garlic and wine. Especially popular in northern California, it was born in San Francisco's North Beach Italian neighborhood during the Gold Rush.

## California Rolls

Born in the 1960s, this roll sushi (with rice outside the nori seaweed) contains avocado, cucumber, and seafood. American sushi is generally roll sushi and uses ingredients not usually used in Japan. Some places have started using cream cheese!



## French dip

A sandwich born not in France (as the name suggests) but in California. It's a very simple recipe, and sometimes uses cheese, but the basic recipe is a baguette with roast beef inside, served with beef broth.

The roots date back to 1918, when a French immigrant restaurateur accidentally dropped a sandwich into some roast beef sauce. It was a hit with customers, and became a popular local fixture.



## Mexican food

Since California borders Mexico, there is naturally a big Mexican-American community. There are many authentic Mexican restaurants, and the proximity to the sea means that fish tacos and burritos are popular. 'California burritos' combine Mexican and American cuisine by putting French fries inside a burrito.

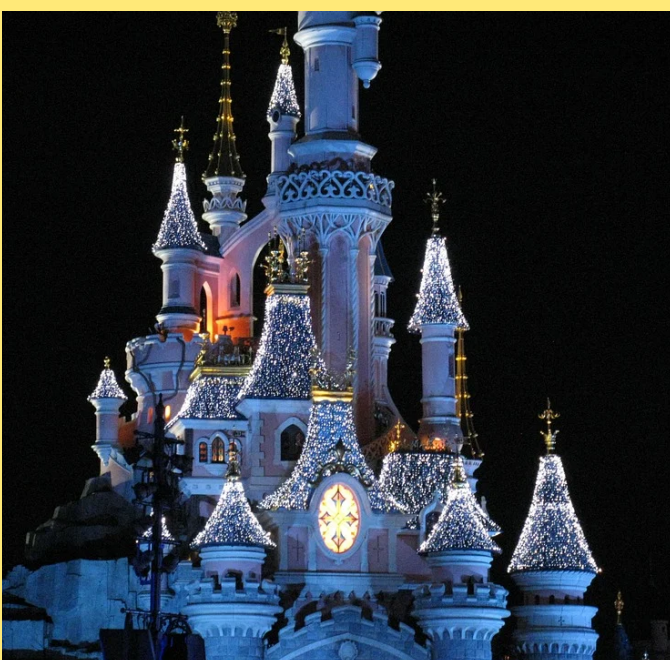
## Fusion food

Since California has many enormous cities, there are immigrant communities here from around the world. 'Fusion food' mixes American-style cooking with different foods from around the world, leading to some creative combinations like 'Ramen burgers' and 'Sushi burritos.'



# Famous Attractions

Don't miss these spots on your visit to California!



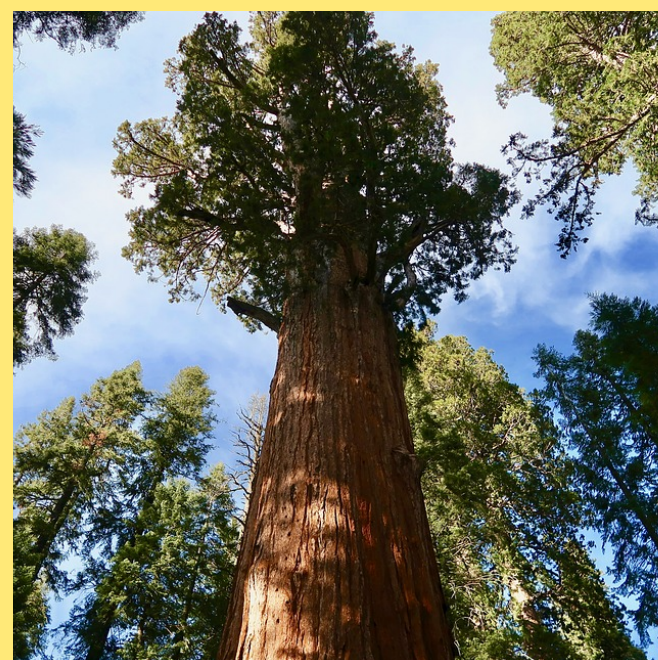
## Disneyland

This theme park in Anaheim, California, is famous around the world.



## Yosemite National Park

A national park located in central California. Yosemite Falls, one of the tallest waterfalls in North America, is especially beautiful!



## Redwood State and National Park

These state parks and national park are in the northernmost part of California. Here you can find decedents of trees from the Jurassic Period, the tallest and some of the longest-living trees in the world.



## Palm Springs

This oasis and resort town is in California's southern desert. Surrounded by desert palm trees, enjoy golfing and poolside-relaxing in a wonderful setting.