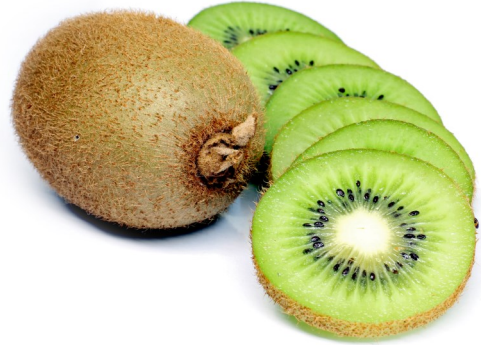


# — KIWI —

## What are they?

- Kiwi is grown on a vine as a small oval-shaped fruit that is brown and fuzzy on the outside and green on the inside.
- There are many small black seeds in the middle with a small white core (all edible).
- Even the nutrient packed skin can be eaten, just make sure to wash the skin first.
- Ripe kiwis are juicy and sweet.



## When are they available?

- Harvested in California from November to May
- 98% of the kiwi grown in the U.S. is grown in California

## What's so cool about them?

- Kiwis are known to be one of the most nutrient dense fruits. Kiwi contains two times the amount of Vitamin C of an orange!
- Kiwi is originally from China.
- Chinese people call them “Yang Toa,” which means sunny peach.
- Americans started calling them kiwis because they looked like the kiwi bird which is brown and fuzzy.
- Some people even call them “Chinese gooseberries.”



## Why should I eat them?

- Kiwis are an excellent source of fiber, which helps lower bad cholesterol and promotes digestion.
- They are also high in Vitamin C, which helps boost your immune system and promote wound healing, and Vitamin K, which helps with blood clotting.
- They are a good source of Vitamin E, which may help boost your immune system, and folate, which helps prevent heart disease.
- They also contain potassium, which plays a role in controlling your blood pressure, and copper, which helps with red blood cell formation.

