

Kiwi

Benefits of kiwi:



High in fiber



High in Vitamin C and K



High in Vitamin E and folate

When are they in season?



Harvested in California from November to May.

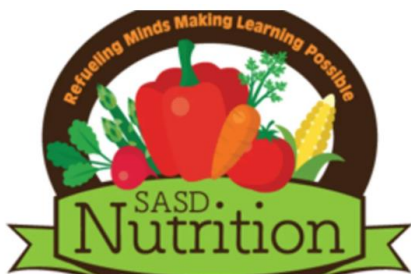
Food Safety for kiwi

Cut out damaged or bruised areas.

Store kiwis in the refrigerator.

Separate kiwi from meat. Use different cutting boards for meats and fruits.

Did you know... Kiwis are known to be one of the most nutrient dense fruits. Kiwis contain 2x's the amount of Vitamin C of an orange!



Resource:

Fruit and Vegetable Safety. (2021, January 05). Retrieved January 06, 2021, from <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>

Sharon, Sharon, A., Author, Tales, D., Kitchen, C., Jonny, . . . Katie. (2019, June 01). Kiwi Sorbet - The Honour System - Vegan + Gluten Free. Retrieved January 18, 2021, from <https://thehonoursystem.com/kiwi-sorbet/>

Pictures: Creative Commons

Kiwi sorbet:

Serves 2

Ingredients

- 3 kiwis
- 1 lime juiced.

Directions

- Peel the kiwis and slice them into rounds. Place the slices on a lined baking sheet.
- Place into the freezer until solid - approximately 2-3 hours
- Transfer the frozen kiwi slices to a food processor or high-speed blender and add the fresh lime juice. Pulse the fruit until it reaches the consistency of sorbet. scrape the sides down a few times to get consistency.
- Serve immediately or freeze.



Other Ideas:



Kiwi smoothie



Kiwi muffins



Kiwi bread