

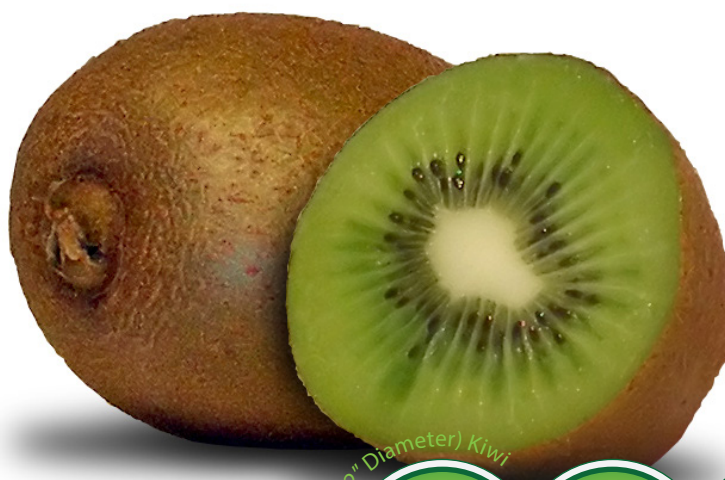
FRESH PICKS®

October: Kiwi

Name: Kiwi

Plant Family: Actinidiaceae

Scientific Name: *A. deliciosa*



Serving Size: 1 (2" Diameter) Kiwi

CALORIES

42

TOTAL FAT

0g

SODIUM

2mg

SUGARS

6g

Why Eat Kiwis?

One serving of kiwi provides many vitamins and minerals such as magnesium, potassium, and vitamins E and K.

Kiwis are packed with vitamin C. One serving contains over 200% of the recommended daily value of vitamin C.

Kiwis are also a good source of dietary fiber.

Did You Know?

Originating in China, the kiwi or kiwifruit as it is now called, was originally referred to as the Chinese gooseberry for its similarity in flavor to the berry. Kiwis were introduced in New Zealand in the early 20th century, eventually becoming a popular commercial export. Kiwis were named after New Zealand's national bird by an exporting company in the late 1950's. Marketed as kiwifruit the world over, kiwis feature coarse, fuzzy skin, soft, green, sweet-tart flesh and a pithy center with small, edible seeds.

How Many Servings of Fruit
Do I Need Every Day?

Girls: 1½ cups / Boys: 1½ cups - 2 cups

www.choosemyplate.gov/food-groups/fruits.html

How Do Kiwis Grow?

Kiwis grow on tender vines featuring reddish hairs and heart-shaped leaves, requiring the support of a sturdy structure throughout the growing process. Kiwis lie dormant from late fall to mid winter, requiring 25-35 hours at temperatures below 45 F. Vines are pruned during their dormant period to regulate crop yields and fruit size. Buds begin to form as early as the end of March, followed by shoots and flower formation. The flowers continue to expand until they bloom in May. Individual kiwi plants are either male or female, with the female plants bearing fruit following pollination with pollen from a male plant, transferred by bees and other insects. Fruit grows rapidly during the first two months following pollination, slowing before harvest. Kiwis are ready for harvest late September through October and into early November.



Fun Facts About Kiwis

The entire kiwi is edible, including the skin. Leaving the skin on helps preserve much of the vitamin C found in kiwis, and also provides a tremendous amount of extra fiber.

One serving of kiwi, on average, provides 20% more potassium than a banana.

The most popular variety of kiwi is the Hayward, though there are 40 known varieties of kiwi grown throughout the world.

California produces almost all of America's kiwis.

Sources:

Food Lover's Companion, 2nd Edition, Sharon Tyler Herbst; www.fruitsandveggiesmorematters.org; kiwifruit.org
www.harvestofthemonth.cdph.ca.gov/index.asp; www.kidshealth.org/teen; www.mayoclinic.com

Fitness Focus: Breakfast

Breakfast really is the most important meal of the day. It improves brain function, provides an energy boost, and helps maintain a healthy weight. But if you are running late or not hungry when you get up it may seem easier to skip breakfast. Set yourself up to make good choices. Take a quick breakfast with you. Try grab and go ideas like toast with peanut butter, a fruit and yogurt smoothie, string cheese with fruit, or even a slice of cold pizza. When hunger pains show up later in the morning, you can reach for your nutritious breakfast and be prepared to fight the temptation to find less healthy option.



Coming Up Next Month: Rutabaga

