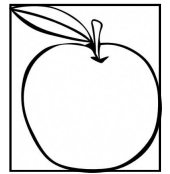




Kiwi



In the garden

AgriFarming.in



Ready To eat

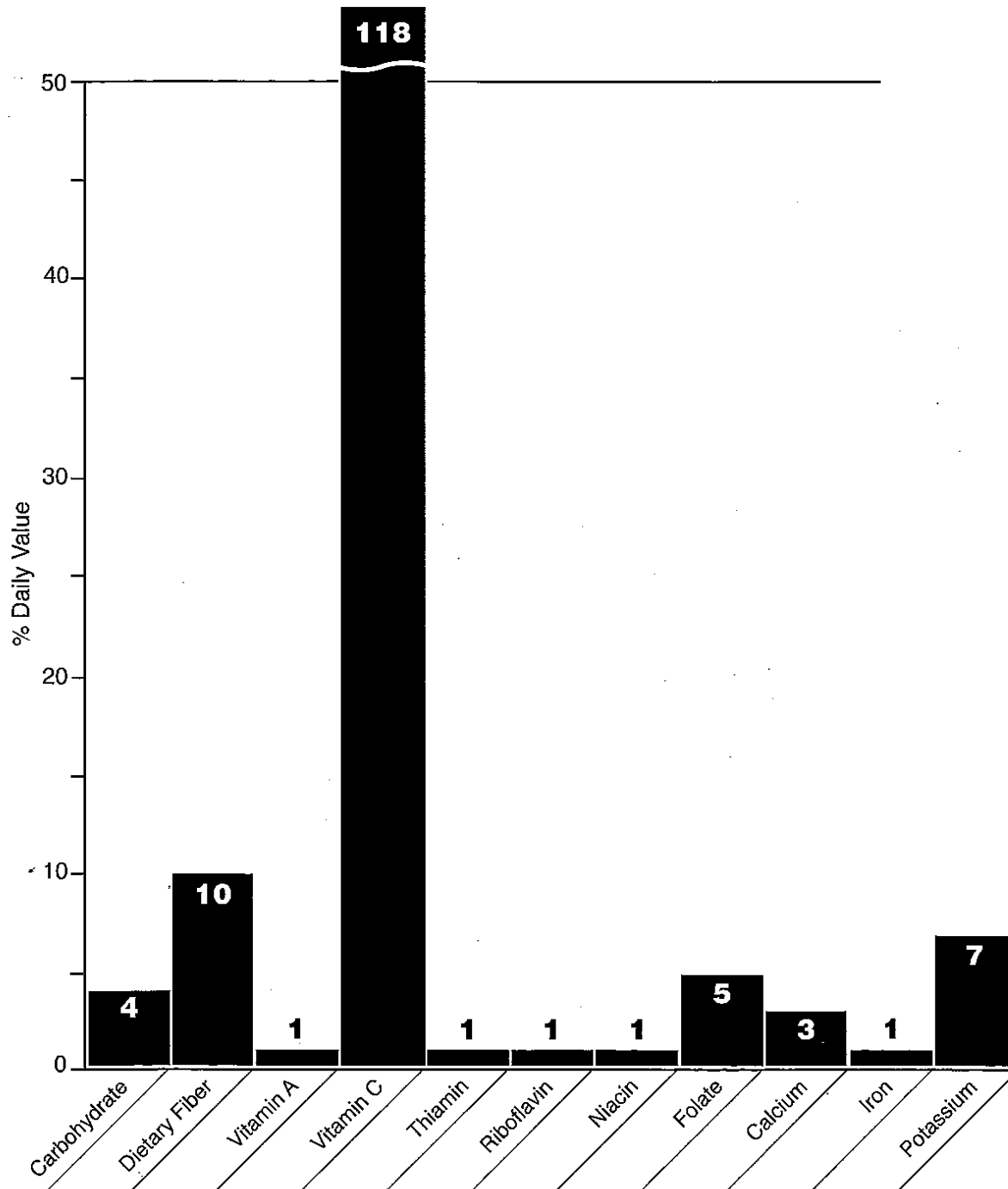


Fun Facts:

- Kiwi can be grown here in western Washington.
- The Kiwi originally grew in China and was named the “Chinese Gooseberry.”
- Kiwi vines can produce fruits for up to 30 years and can survive more than 50 years.

Kiwi

Nutrition Facts



From California Department of Education, 2007



Serving Size

- 1 Medium Kiwifruit
- 76 Grams
- 46 Calories
 - 5% from fat
 - 6% from protein
 - 88% from carbohydrate
- 1 Gram Protein
- 11 Grams Carbohydrate
 - 2 grams dietary fiber
- 0.4 Gram Fat
- 63 Grams Water
- 2 Milligrams Sodium

Kiwis are high in Vitamin C to help heal your cuts and wounds.

Fruit Salsa

Ingredients:

- 1 cup strawberries, diced
- 1 banana, diced
- 1 kiwi, peeled and diced
- 1 apple, cored and diced
- 2 tablespoons lemon juice
- 1/4 teaspoon nutmeg, optional
- 1/4 teaspoon cinnamon



liveloveandgoodfood.com

Directions:

- Combine fruits in a medium mixing bowl.
- Add lemon juice.
- Stir in cinnamon and nutmeg (optional).
- Mix well.
- Refrigerate until served.

Storage tips:

- Kiwi fruit can be stored whole at room temperature for up to four days.
- Kiwi fruit can be stored whole in the refrigerator for up to four weeks.

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USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.



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