

Produce of the Month



Kiwi



Nutritional Information

A large fresh, raw kiwi without skin has about:

- 56 calories
- 13 grams carbohydrates
- 1 gram protein
- 0.5 gram fat
- 2.7 grams fiber
- 84.4 milligrams vitamin C
- 36.7 micrograms vitamin K
- 284 milligrams potassium
- 1.3 milligrams vitamin E
- 0.1 milligram copper
- 22.7 micrograms folate

At your age, how many of these vitamins and nutrients do you need daily to stay healthy?

😊 Kiwi is one of the most nutritious [vitamin C foods](#) around? It's true. In fact, just one cup of kiwi provides almost 275 percent of the daily recommended allowance of vitamin C.

😊 The original Chinese name, *yang tao*, means "strawberry peach," and was later replaced by the name "Chinese gooseberry" by Europeans. It was named after the kiwi bird, native to New Zealand, which is also small, brown and fuzzy.

😊 Kiwifruit is grown on a kiwi tree, a woody, climbing shrub that can reach 30 feet tall.



Selecting & Storing



When purchasing kiwifruit, size is usually not indicative of quality. Unripe kiwifruit is firm and isn't at its peak sweetness yet. If you don't plan to use the kiwifruit within a few days, choose a firm fruit.

Kiwis can be stored at home at room temperature or in the refrigerator. Placing the fruit in a paper bag can speed up ripening to four to six days. Adding an apple or banana to the bag speeds up the process even more. A ripe kiwifruit has the most antioxidants available.

When preparing kiwifruit, you can decide whether to eat the skin or remove it. The fuzzy texture is strange to some, but others liken it to the skin of a pear or a peach. The easiest and quickest way to peel a kiwi is to cut off each end and slide a spoon around the edge to remove the rest.

You can enjoy kiwi in so many ways:

Kiwifruit can be eaten raw, used in baked goods and pastries, made into juice, or even used to tenderize meat. The protein actinidain, present in kiwifruit, creates an enzymatic reaction that's able to tenderize food. When tenderizing meat, you can use the flesh of the kiwifruit for about 10 minutes by rubbing the meat and cook immediately afterward.

Cut it in half and enjoy a natural bowl of green goodness. Blend it into a healthy smoothie. Freeze kiwi into popsicles for a cool treat in the summer. Toss kiwifruit into fruit or green salads. Mix kiwi into your favorite yogurt parfait.

Manchester's Message for a Healthier You

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For more information visit: <http://95210.townofmanchester.org/> For more ideas, see: <http://townesharvest.montana.edu/documents/Cauliflower.pdf>
9 Hours of Sleep - 5 Servings of Fruits & Vegetables - 2 Hours or less of Screen Time - 1 Hour of Physical Activity - 0 Sugary Beverages