

# Kiwifruit





## SHOPPER'S TIPS

- Look for kiwifruit that feels firm but gives slightly to gentle pressure. Size does not affect taste.
- Avoid kiwifruit that are very soft, cracked, or shriveled.

## FUN FACTS!

- Kiwifruit are actually berries that came from China.
- Kiwifruit were called “Chinese gooseberries” when they were first brought from China to New Zealand. New Zealand farmers named the fruit after their national bird, the Kiwi, which is also small, brown, and fuzzy.

## WHAT IS IN IT FOR YOU?

Two medium kiwifruit are:

- An excellent source of vitamin C and vitamin K.
- A source of vitamin E, fiber, and potassium.

## SERVING IDEAS

- Cut kiwifruit in half and scoop out the fruit.
- Slice or dice kiwifruit and add to your favorite salads.

## PEAK SEASON

California grown varieties, available from mid-fall to early winter, may be fresher and cost less than varieties shipped from other regions.

## STORAGE

Store ripe kiwifruit at room temperature for two to four weeks or store them in the refrigerator for up to eight weeks. Place firm kiwifruit in a paper bag until ripe.