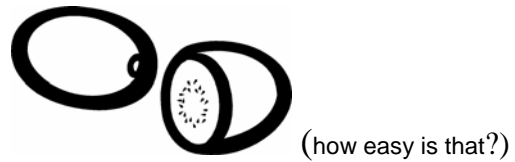


December – Featured Fruit: KIWI



WASH. CUT. EAT.



Hello! I'm Kevin Kiwi. <sup>1</sup>

I'm brown and fuzzy on the outside and bright green on the inside with tiny black seeds. Even though kiwifruit is more than 700 years old, it's only been available in the United States since the early 1960s. Today, kiwifruit is one of the most popular fruits!

Are you ready to come along with me on an exciting kiwifruit adventure? Let's have fun exploring all the cool stuff about kiwifruit.

## Facts

Kiwifruit is a member of the botanical family Actinidia.

In 1962, kiwifruit became available in the United States. In the United States, California grows the most kiwifruit.

Most kiwifruit imported to the United States comes from Chile and New Zealand.

Kiwifruit is available year-round.

There are 400 different varieties of kiwifruit in China.

The Hayward variety is the most popular in the United States.

Kiwifruit is high in vitamin C and a good source of fiber, vitamin E and potassium.

Kiwifruit is ripe when slightly soft to the touch and has a fragrant smell.

## History

The history of kiwifruit began in the Yang-tse river valley in China, where it was called "Yangtao." The fruit Yangtao was considered a delicacy by the court of the great Khans who cherished its delicious flavor and emerald-green color. The small, brown, fuzzy "Yangtao" fruit grew wild on vines that wrapped around trees.

1600s: Chinese begin cultivating Yangtao (a.k.a. kiwifruit) vines.

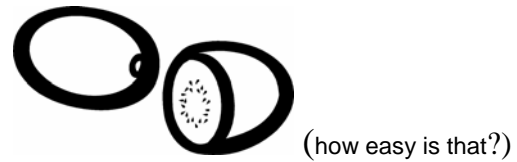
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Source: <sup>1</sup>Dole 5 A Day. [www.dole5aday.com](http://www.dole5aday.com)

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1800-1900: Knowledge of the Yangtao fruit spreads to other countries. A collector for the Royal Horticultural Society of Britain sends samples of fruit home, and seeds are sent to England.

1904: Yangtao plant cuttings are brought from China to the United States.

1906: Yangtao seeds are sent to New Zealand, where the fruit is given the name "Chinese Gooseberry." New Zealand begins to produce a larger and more flavorful variety of the "Chinese Gooseberry" fruit.

1960: California's first commercial kiwifruit vineyard is planted, consisting of nine "Chinese Gooseberry" vines.

1962: New Zealand's "Chinese Gooseberry" variety is first shipped to the United States, where it is re-named "kiwifruit" after New Zealand's national bird the "kiwi."

The kiwi bird happens to be a bird that cannot fly. The people of New Zealand, the currency and national soccer team are often referred to as Kiwis.

1970: Kiwifruit grown in California is available for the first time in supermarkets throughout the United States.

## Where Grown

California is the only state that produces kiwifruit for the United States marketplace. Most kiwifruit that is imported to the United States comes from Chile and New Zealand.

## Types

There are two types of kiwifruit – green and gold.

**Green kiwifruit**, which is the most popular, has fuzzy brown skin, bright green flesh, tiny black seeds and a creamy white center.

**Gold kiwifruit** is relatively new to the United States. It was first grown in New Zealand in the 1980s. It has golden yellow flesh offset by tiny black seeds. It tastes similar to green kiwifruit, but it also has a hint of mango flavor. On the outside the gold kiwifruit looks the same as the green kiwifruit except it has almost fuzz free skin.

## Nutrients

- High in vitamin C
- A good source of fiber

Source: <sup>1</sup>Dole 5 A Day. [www.dole5aday.com](http://www.dole5aday.com)