



KIWI

History/Origin

- ☆ Kiwifruit originated in China over **700 years ago** where it was called **Yangtao**.
- ☆ In 1906, kiwifruit seeds were shipped to New Zealand and the kiwifruit was renamed the **Chinese Gooseberry**.
- ☆ The U.S. renamed it the **kiwifruit (for marketing reasons)** after the kiwi bird in New Zealand. The brown skin of the fruit looks similar to the feathers of the kiwi bird.
- ☆ In the **1970s**, it was available for the first time in U.S. supermarkets.





KIWI

Botanical

- ☆ Kiwifruit is most often shortened to *kiwi*.
- ☆ Kiwis are *fruits of a vine*.
- ☆ There are *male and female* trees.
- ☆ It initially *bears white female flowers*, then yellow.
- ☆ The fruits are *berries*, gathered in clusters.
- ☆ Kiwis have *brown skin* covered with *hair*, and are *oval* shaped. Its flesh is *bright green* and small *black seeds* are arranged in a circle about the center.



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Nutrition

Kiwi is:

- ☆ Packed with *Vitamin C*
- ☆ Rich in *Vitamin E*
- ☆ A good source of *Fiber*
- ☆ High in *Potassium*
- ☆ Fat-free
- ☆ Cholesterol-free



Delicious!





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Fun Facts

- ☆ The kiwifruit is *not the egg of the kiwi bird*.
- ☆ It is actually a **huge berry**.
- ☆ A single kiwifruit provides hundreds of *tiny black seeds* which are edible.
- ☆ Kiwifruit needs *bees for pollination*. 2 to 5 beehives are needed per acre.
- ☆ Kiwifruit is *picked by hand* in the fall.
- ☆ It also can be used as a natural **meat tenderizer**.

