Harvest of the Month

May
Kiwi

Nutrition Info
One medium kiwi has 45 calories and provides fiber, potassium and vitamins C & E.

Fun Facts
New Zealand farmers named kiwi after their national bird, the Kiwi, which is also small, brown, and fuzzy!

Kiwi grows on a vine, just like grapes.

Kiwi juice can be used as a natural meat tenderizer.

Did you know the outside of the kiwi is edible and full of fiber?

Uses
Mix sliced kiwi, oranges and pineapple to make chutney that can be served with chicken or fish.

Blend kiwi and cantaloupe in a food processor to make a chilled soup. For a creamier consistency, blend yogurt in with the fruit mixture.

Family Friendly Activities
Have your child compare the difference between kiwi and strawberries! Here are a few qualities to watch for: color, shape, size, amount of seeds, texture and taste.

Slice the kiwi in half and allow your children to scoop out the flesh with a spoon.

Include your children in recipe and meal planning; allow them to write out the shopping list!

Pick:
• Choose slightly firm kiwi with a rough, fuzzy skin.

Store:
• Ripen firm kiwi at room temperature away from sunlight or direct heat. Check daily; once ripe a kiwi will yield to slight pressure.
• Place ripe kiwi in a plastic bag in the refrigerator and enjoy within 2-3 weeks.

Prepare:
• To prepare, peel kiwi with a paring knife or cut kiwi in half and scoop the flesh out with a spoon.
• The skin is edible and packed with fiber; rub off the peach-like fuzz before consuming.

The Harvest of the Month is a partnership between La Crosse County Health Department’s Foot Steps to Health initiative, the La Crosse County Farm2School Program, area school districts and the community. Funding for this project was provided by the UW School of Medicine and Public Health from the Wisconsin Partnership Program.
**Fruit Salsa with Cinnamon Graham Crackers**

*Serves 8 (1/2 cup per serving)*

**Ingredients:**
- 2 kiwis, peeled and diced
- 2 Golden Delicious apples, cored and diced
- 8 ounces raspberries, halved
- 1 pound strawberries, diced
- ¼ cup strawberry fruit preserves
- cinnamon graham crackers *

**Directions:**
In a large bowl, thoroughly mix kiwis, apples, raspberries, strawberries, and fruit preserves. Cover and chill in the refrigerator at least 15 minutes. Serve with graham crackers.

*not included in nutritional analysis

**For more information on Farm2School & Foot Steps to Health visit:**
www.GetActiveLacrosse.org!