

Harvest of the Month



May



Kiwi



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.

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!

Nutrition Facts

Serving Size 1/2 cup (157g)
Servings Per Container 8

Amount Per Serving

Calories 80 Calories from Fat 5

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 20g **7%**

Dietary Fiber 5g **20%**

Sugars 14g

Protein 1g

Vitamin A 0% • Vitamin C 45%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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

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[www.GetActiveLacrosse.org!](http://www.GetActiveLacrosse.org)**

Color
Kiwis!

