

# Harvest of the Month™

## WINTER - KIWI



KIWI, A SUPERFOOD GROWN IN SAN DIEGO COUNTY, IS RICH IN VITAMIN C, ANTIOXIDANTS, AND FIBER. KIWIS CONTRIBUTE TO HEALTHY SKIN, A HEALTHY HEART, AND IMMUNITY.

### HEALTHY SERVING IDEAS



ADD TO A SMOOTHIE FOR SWEETNESS

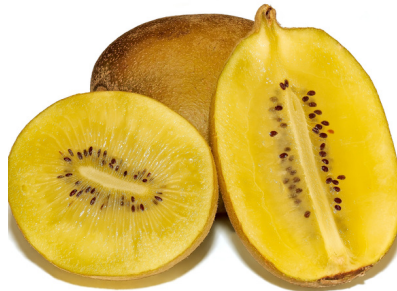
SUBSTITUTE FOR TOMATOES IN PICO DE GALLO



ADD TO ANY SALAD FOR SOME COLOR!

### FOOD WASTE PREVENTION

- UNRIPE KIWIS SHOULD SIT AT ROOM TEMPERATURE UNTIL IT RIPENS
- ONCE RIPE, KEEP THE FRUIT IN THE FRIDGE
- KEEP CUT KIWI IN AN AIRTIGHT CONTAINER IN THE FRIDGE
- IF THE FRUIT IS FIRM TO THE TOUCH, IT IS NOT RIPE YET
- ONCE IT BECOMES TENDER, IT IS RIPE AND READY TO EAT!
- KIWI SKIN IS COMPLETELY EDIBLE TOO AND CONTAINS LOTS OF FIBER AND ANTIOXIDANTS



### FUN FACTS

KIWIS GROW ON LARGE VINES THAT CAN GROW UP TO 30 FEET TALL! MOST KIWIS IN THE US ARE GROWN IN CALIFORNIA!

### COMMON KIWI VARIETIES



#### GREEN

FUZZY, BROWN SKIN. OVAL SHAPE. GREEN FLESH WITH SWEET AND TANGY TASTE

#### GOLDEN

SMOOTH, GOLDEN SKIN. YELLOW FLESH WITH FEWER SEEDS. SWEET, TROPICAL TASTE



#### KIWI BERRIES

BITE-SIZED KIWIS WITH SMOOTH, EDIBLE SKIN. BRIGHT GREEN FLESH WITH TART, TROPICAL FLAVOR

#### RED KIWI

SMOOTH, THIN SKIN WITH VIBRANT RED FLESH IN THE CENTER. SWEETER THAN OTHER KIWIS



### FUN FACTS

KIWIS ARE NATIVE TO CHINA WHERE THEY WERE CALLED MIHAU TAO, OR "MACAQUE FRUIT," BECAUSE MONKEYS LOVE TO EAT THE SWEET FRUIT.



#### ANNA KIWI

GREEN TO PURPLE-RED SKIN, STRONG SCENT AND SWEET TASTE



# KIWI DISSECTION

## INSTRUCTIONS

1. INVITE STUDENTS TO DRAW A PICTURE WHAT THEY THINK THE INSIDE OF A KIWI LOOKS LIKE BEFORE THE DISSECTION
2. ASK STUDENTS "WHAT DO YOU NOTICE ABOUT THE KIWI? WHAT DOES THE SKIN FEEL LIKE? WHAT DOES THE SKIN SMELL LIKE?"
3. CONDUCT THE DISSECTION BY SLICING IT IN HALF
4. ASK STUDENTS "WHAT DO YOU NOTICE ABOUT THE INSIDE? WHAT PART DO YOU THINK HAS THE SEEDS? DOES THE INSIDE SMELL THE SAME OR DIFFERENT AS THE OUTSIDE?"
5. AFTER INVESTIGATING THE FRUIT, INVITE THE STUDENTS TO RECORD THEIR FINDINGS

## MATERIALS

- ANY VARIETY OF KIWI
- KID SAFE KNIFE
- PAPER
- MARKERS



<https://www.prekprintablefun.com/blog/anatomy-of-a-kiwi-fruit-a-science-investigation>

# KIWI SMOOTHIE

## INGREDIENTS

- 1/2 CUP GREEK YOGURT, OR VEGAN YOGURT
- 1/4 CUP WATER
- 2 RIPE KIWIS - PEELED
- 2 HANDFULS OF KALE OR SPINACH
- 1 BANANA
- 1 1/2 CUPS FROZEN PINEAPPLE

## INSTRUCTIONS

1. PEEL AND CHOP THE KIWI. ADD ALL INGREDIENTS TO THE BLENDER. BLEND UNTIL SMOOTH, AND ADD MORE WATER IF NEEDED. ENJOY!

