

# Kiwi



## Selecting

Kiwis originated from China and Southeast Asia and now are also grown commercially in California, New Zealand, Italy, France, Greece and Chile.

The kiwi is oval shaped. Its exterior is fuzzy brown and its fleshy interior is bright green or gold and contains tiny brown seeds. The tangy, tart and sweet flavour tastes like a combination of strawberry, pineapple and melon.

Look for plump and fragrant kiwis that are firm or just ripe (yielding to slight pressure). Avoid kiwis that feel hard as rocks.

## Storing

If you have unripe kiwis, store them at room temperature out of direct sunlight. To speed up ripening, store the fruit in a paper bag with an apple or banana, at room temperature.

For ripe kiwis, place in a plastic bag in the refrigerator and they will keep for one to two weeks.

## Preparing

Peel kiwis with a sharp knife or vegetable peeler and then just cut into pieces. You can also cut the fruit in half crosswise and scoop out the flesh.

Kiwis do not turn brown when exposed to air making them a perfect addition to a fruit salad or to use as a garnish.

## Eating

Kiwi pairs well with tropical fruits such as bananas and melons. It also works well with dairy products such as yogurt or Mexican seasonings such as lime and hot chilies. You can use kiwis in fruit salads, smoothies, desserts or meat, fish or poultry entrees.

## Seasonality

Kiwis are available in grocery stores most of the year, arriving from

regions with different growing seasons. For example, California Kiwi are exported from October to May while New Zealand kiwis are exported June to October.

## Nutrition

A medium kiwi contains 46 calories, a full day's requirement of Vitamin C and is a source of fibre.



**If you are looking for a different type of salad, try this Honey Lime Fruit Toss.**  
[www.halfyourplate.ca/recipe/honey-lime-fruit-toss/](http://www.halfyourplate.ca/recipe/honey-lime-fruit-toss/)

