

HARVEST OF THE MONTH:

Kiwi



Nutrition Facts

Serving Size 1 cup

Amount Per Serving

Calories 108 Calories from Fat 8

% Daily Values*

Total Fat 0.92g 1%

Saturated Fat 0.051g 0%

Polyunsaturated Fat 0.508g

Monounsaturated Fat 0.083g

Cholesterol 0mg 0%

Sodium 5mg 0%

Potassium 552mg

Total Carbohydrate 25.95g 9%

Dietary Fiber 5.3g 21%

Sugars 15.91g

Protein 2.02g

Vitamin A 0% ● Vitamin C 274%

Calcium 6% ● Iron 3%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Values are based on USDA Nutrient Database SR18

HEALTHY SERVING IDEAS

- Serve whole kiwis as an afternoon snack: They can be eaten whole with the skin.
- Slice kiwi in half and have kids scoop out flesh with a spoon. They may discard the skin.
- Top pancakes with kiwis for eyes, a strawberry for a nose and a sliced banana for a mouth.
- Slice two kiwis and add to yogurt or cottage cheese for a colorful snack.
- Combine fruits such as grapes, strawberries, orange slices, pineapple and kiwi.
- Kiwis work great for tenderizing meat. Kiwis have an enzyme that helps break down the meat, making it tender. Find a recipe and try this together.

PRODUCE TIPS

- Select firm, unblemished fruit. The size of the fruit does not affect the taste.
- Press the outside of the fruit; if it gives to pressure the kiwi is ripe. If it feels hard, then it's not yet ready to eat.
- Wash your kiwi before eating because the skin may be eaten, much like an apple.
- Kiwis will keep several days at room temperature. Place with an apple to ripen.

BENEFITS OF EATING KIWI

- **Vitamin C**
Helps the body heal cuts and wounds and lowers the risk of infection
- **Vitamin K**
Keeps bones healthy and helps blood clot effectively.
- **Fiber**
Keeps your digestive system regular and clean.



Kiwi Recipes

KIWIFRUIT SALSA AND CINNAMON CHIPS

INGREDIENTS

- 1 can peach slices, drained
- 2 kiwifruits
- 1 c. strawberries, sliced
- 2 tsp. lime juice
- 1 tsp. lime zest
- 1 tsp. granulated sugar
- 1 T sugar
- ¼ tsp. ground cinnamon
- 4 8-inch tortillas
- Cooking spray

DIRECTIONS

Preheat oven to 400 degrees. Spritz tortillas with cooking spray. Mix cinnamon and T sugar. Cut tortillas in wedges using a pizza cutter and bake until crispy, about 15 minutes. While chips are baking, peel kiwis and dice all fruits into small pieces. Gently combine fruits, lime juice, lime zest and 1 tsp sugar. Serve salsa with cinnamon chips for dipping.

FRUIT SALAD

INGREDIENTS

- ½ c. sliced kiwifruit
- ½ c. sliced banana
- ½ c. chopped apple
- ½ c. grapes
- ½ c. orange juice

DIRECTIONS

In a medium bowl mix all ingredients and serve.

KIWI DESSERT SQUARES

INGREDIENTS

Crust:

- 2 c. all-purpose flour
- ½ c. powdered sugar
- 1 c. cold butter cubed

Citrus Glaze:

- 6 T sugar
- 2 tsp. corn starch
- ½ c. cold water
- ¼ tsp. orange extract

Topping:

- 16 oz. ⅓ less fat cream cheese
- ⅔ c. sugar
- 4 kiwifruit peeled
- 14 fresh strawberries halved
- 1 ½ tsp. orange extract

DIRECTIONS

In a large bowl combine flour and powdered sugar. Cut in butter until crumbly. Press into greased 15 x 10 x 1 inch baking pan. Bake at 350 for 16-19 minutes. Cool. In a small saucepan combine sugar and cornstarch and stir in water until smooth. Bring to a boil over medium heat. Cook and stir for 2 minutes or until thickened. Remove from heat and stir in orange extract. Cool completely. In a large mixing bowl, beat the cream cheese, sugar, and orange extract until smooth. Spread over crust. Cover and refrigerate for 45 minutes. Cut into 28 squares. Cut each kiwi into seven slices. Place a kiwi slice in the middle of each square; top each with a strawberry half. Brush with glaze; refrigerate until set.

