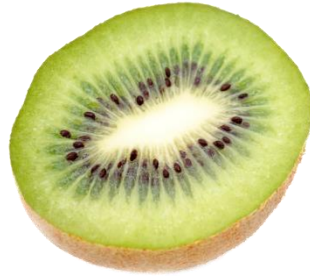


KIWI FRUIT



Kiwis are native to China, and were known as 'Yang Tao'.

In 1960, they were renamed 'Chinese Gooseberries'.

In 1961 Chinese Gooseberries were 'discovered' in the United States. The restaurant owner thought the fruit was unique and began the process for it to be imported to the United States.

The name was changed from Chinese Gooseberries to kiwifruit after the kiwi bird, a brown fuzzy bird that can be found in New Zealand.

There are so many ways to eat kiwi! Try cutting it in half and eating it with a spoon! OR peel the skin, cut in slices and add it to any yogurt or fruit salad!

Nutrition Information:

Although they are small (approximately 3 inches long), kiwis are packed with a sweet flavor! Along with this, kiwis are also filled with:

- Vitamin C
- Vitamin K
- Vitamin E
- Copper
- Fiber
- Potassium
- Manganese
- Folate

