Kiwi

What Am I?

Kiwis are small, round, sweet fruits with brown, fuzzy skin. The inside is bright green, yellow, or red depending on the variety. There are also small, black seeds on the inside of the fruit. Kiwis taste best when they are slightly firm.

How Do I Grow?

- Kiwi grows on vines that can reach 30 feet tall.
- The leaves on the vines are heart-shaped.
- Kiwis are ripe when they are mostly firm. If they are too firm they will have a sour taste.

Nutrition

Kiwis contain fiber, vitamin C, vitamin K, vitamin E, potassium and folate.

Fun Facts

- California produces 98% of kiwi grown in the United States.
- Kiwi can be used as a natural meat tenderizer.
- There are over 400 different varieties of kiwis.
- Kiwi were originally called Chinese gooseberries.

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