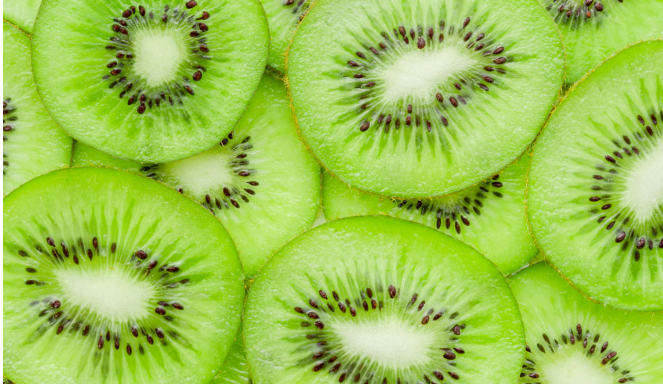
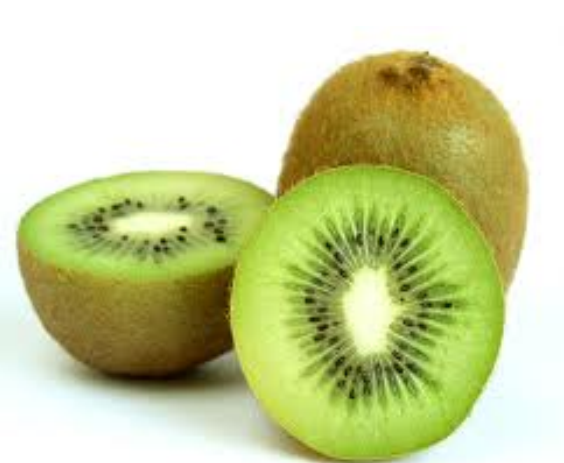


# Harvest of the Month



## February

## Kiwi



- **Reason to Eat Kiwis**
- **A 1/2 cup of sliced kiwis has lots of vitamin C and vitamin K.**
- **Vitamin C helps your body heal cuts and wounds and also helps lower the risk of infection.**
- **Eating kiwis is a good way to get fiber.**
- **Kiwis also have potassium, folate, beta-carotene, and lutein.**



## Fun Facts About Kiwi Fruits

1. **Originally from China - known as Chinese gooseberries**
2. **Packed with Vitamin C**
3. **Good source of dietary fiber**
4. **Small black seeds are edible and a good source of omega-3 fatty acids**
5. **Low in calories**
6. **Good source of potassium**
7. **Rich in antioxidants**
8. **Contains an enzyme called actinidin**
9. **Most common type is green - there are also golden and yellow**
10. **Beneficial for skin health**
11. **Continue to ripen after they are picked**
12. **Natural protective layer on their skin called fuzz**
13. **Have a distinctive sweet-tart flavor**

## Kiwiberry Raspberry Salad

### Ingredients:

- 1 head green leaf lettuce
- 1/2 pint red raspberries
- 1/2 pint kiwiberries
- 2/3 cup almonds, whole, chopped or slivered
- Your favorite vinaigrette, to taste



### Directions:

1. Wash lettuce thoroughly in a salad spinner. Gently rinse kiwiberries and raspberries.
2. Remove the slightly fuzzy ends of the kiwiberries (if still attached.) Cut kiwiberries in half.
3. In a sauté pan with a little bit of oil over medium heat, lightly toast the almonds. Remove from heat as soon as they begin to toast, being careful not to burn them.
4. Toss all ingredients together and serve with your favorite vinaigrette.

## Kiwi Mango Chia Pudding Parfaits

### Ingredients:

- 1/2 cup chia seeds\*
- 1/2 cup coconut milk
- 2 cups milk (dairy or almond)
- 1/2 cup sugar or other sweetener
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- Your favorite granola
- 2 large mangos, peeled and cubed
- 4 medium kiwi fruits, peeled and sliced



### Directions:

1. Stir together the chia seeds, coconut milk, almond or dairy milk, and sugar until sugar is dissolved. Add vanilla and salt and mix well, then pour into a container with air-tight lid and refrigerate for at least 4 hours to let it thicken. You should be able to store it for up to 3 days.
  2. If you prefer the texture of a smooth pudding you can blend in a food processor or blender until smooth and creamy after it has thickened.
- Parfaits: Once the chia pudding is thick and chilled it's time to layer the parfaits. Cut up kiwi fruit and use four large glasses or jars of your choice. Fill the jars with alternating layers of pudding, granola, and fruit in any order you'd like. Serve immediately or store in fridge for a quick breakfast or snack for up to 24 hours.

