

FRESH FRUIT AND VEGETABLE PROGRAM

Nutritional Education



FUN FACTS

Kiwi is known for its fuzzy outside peel surrounding its sweet juicy flesh. A kiwi is actually a berry and is also known as a Chinese gooseberry. They are proven to strengthen your immune system and have as much potassium as a banana! California produces 98% of the kiwifruit grown in the United States.

The fruit grows on vines that scale walls, trellises, and fences and hang from the vines until hand-picked.

NUTRITIONAL INFORMATION

Kiwis are packed with more Vitamin C than oranges! They are also great for brain and hearing support.

