



FRESH FRUIT AND VEGETABLE PROGRAM

Nutritional Education



FUN FACTS

Gold kiwis are famous for their entirely edible nature. Most people don't associate kiwi skin with being edible due to the green kiwi's fuzzy reputation, but Gold kiwi varieties are smooth, edible, and hairless.

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

NUTRITIONAL INFORMATION

Gold kiwis are a source of vitamin C and are said to contain more vitamin C than oranges, fiber to regulate the digestive tract, and vitamin E. The fruits also contain as much potassium as a banana, vitamin A, and vitamin K.