

# OREGON KIWI

The leaves of some kiwifruit vines have an effect similar to catnip.

Kiwi can be used as a natural meat tenderizer. Just rub or mash kiwifruit on meat and leave for 10-15 minutes.



## NUTRIENTS FOUND IN KIWIS

- ~ Kiwi are an excellent source of vitamin C which promotes a healthy immune system, heals cuts and wounds, and helps our bodies fight infection. Kiwifruit provides almost twice the amount of vitamin C as oranges.
- ~ Kiwi are an excellent source of vitamin K which is important for maintaining healthy blood and strong bones.
- ~ Kiwi are a source of potassium, a mineral needed for organs to function properly.
- ~ Kiwi are a source of folate which is needed for healthy pregnancy and helping cells grow and repair.
- ~ Kiwi are a good source of vitamin E, which is important for healthy skin and eyes.

Before being imported to the US from New Zealand in the 1950s, kiwis were known as Chinese gooseberries.



Kiwifruit vines are dioecious, meaning there are separate male and female plants.



Kiwi berries are smaller, grape-sized kiwifruits with thin, smooth skin.



Kiwifruit are native to Southeast Asia.

