OREGON

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.





This material is funded by USDA's Specialty Crop Block Grant Program and USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. (c) 2015 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation or veterans status. Oregon State University Extension Service is an Equal Opportunity Employer.