



Kiwifruit

The **kiwifruit** (often shortened to kiwi) is the edible berry of a woody vine. The most common variety is an oval shape about the size of a large hen's egg. It has a fibrous, dull greenish-brown skin with fine hair, and a bright green flesh with very tiny black edible seeds that form a circle in the center. The fruit has a soft texture and a sweet but unique flavor with hints of strawberry and banana.



There are over 40 known kiwifruit varieties in production around the world. California produces 98% of all the kiwi grown in the United States. The most popular variety is the Hayward. They are known for their large size and high sugar content. Kiwi are available from California in late October though April.

They are high in nutrients and low in calories. The possible health benefits of consuming kiwi include maintaining healthy skin tone and texture, reducing blood pressure and preventing heart disease and stroke. The kiwifruit is higher in Vitamin C per ounce than most other fruits including oranges.

Kiwifruit Availability

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
California	✓	✓	✓	✓						✓	✓	✓
Chile			✓	✓	✓	✓	✓	✓	✓	✓		