

Did you know?
A kiwi contains more vitamin C than an orange.

Overview

- Kiwi is a superfood full of vitamins, antioxidants and fiber.
- The high vitamin C content helps boost the immune system.
- Kiwis originated in China.
- Kiwis are low in calories but high in fiber.
- Kiwis are a popular ingredient for facemasks because they are ideal for exfoliating, nourishing and anti-aging.

Kiwi

Kingdom: Plantae

Order: Ericales

Family: Actinidiaceae

Genus: Actinidia

Species: Actinidia deliciosa

Nutritional Information 75g Kiwi

Calories 42	Fat 0.4 g
Protein 0.8 g	Potassium 148 mg
Carbs 10.1 g	Sodium 3 mg
Sugar 6.7 g	
Fiber 2.1 g	

Production

Kiwis prefer climates between 50-90 degrees fahrenheit.

New Zealand is the leading producer of Kiwis.

Regions with mild winters and warm summers are ideal for kiwi growth.

Kiwis begin bearing fruit 3-5 years after planting.



Kiwis grow on vines!



Sources

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