

AgBite

A series of commodity insights

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	

Sources

<https://www.verywellfit.com/kiwifruit-nutrition-facts-calories-and-health-benefits-4113823>
<https://thriveogarden.com/where-does-a-kiwi-come-from/>
<https://www.britannica.com/plant/Actinidiaceae>
<https://fruittreehub.com/where-do-kiwis-grow-from/>
<https://www.fruitranner.co.uk/8-facts-kiwi-fruit/>
<https://www.almanac.com/plant/kiwifruit>

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!



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