

Harvest of the Month



Network for a Healthy California

Harvest of the Month is sponsored by



7500 students in Western Nevada County will sample **Kiwi** this month through Sierra Harvest's Farm to School Program!



Healthy Serving Tips:

- Make kiwi cups by cutting a ripe kiwi in half, leaving the skin on, and eating each half with a spoon.
- Add sliced kiwi to greek yogurt for a healthy breakfast or snack.
- Make a green smoothie or juice with kiwi, spinach, apple, and pear.
- Add kiwi to a spinach salad.

Kiwi



Ruthanne at
Shared Abundance Organic Farm

Ruthanne Jahoda purchased the land where she farms in 1997. She began reclaiming the 5 acre deserted kiwi orchard immediately, and purchased the adjacent 10 acres, which is now makes up Shared Abundance Organic Farm. The farm now grows a variety of fruits and berries, as well as annual crops including year round greens, micro-greens, sprouts, herbs, potted plants and flowers. The mission at SAOF is to grow and provide the community with the highest quality, nutritious food. As well, the intention is to help children and adults reconnect with their love of and for nature. At SAOF we see that all systems and elements in nature are connected and communicating with each other, and that the nurturance we provide returns to us by the many benefits in our food and medicine, and the beauty of the environment. SAOF is interested in providing children and adults with high quality Nature experiences through our open houses, summer classes, farm tours and HipCamp experiences.

Winter Fruit Salad

Ingredients:

- 2 kiwi
- 2 mandarin oranges
- 1-2 fuyu persimmons
- 1-2 apples
- Optional: mint leaves or walnuts

1. Cut kiwi into large but bite-sized pieces (optional: peel first)
2. Peel mandarin oranges and separate segments
3. Peel and cut persimmons into large chunks
4. Core apples and cut into large chunks
5. Stir together gently in a bowl
6. Garnish with optional ingredients if using



If your student is eligible for free/reduced school meals you likely qualify for CalFresh, which can help you afford healthy and nutritious food:

C4Yourself.com



Kiwi Fun Facts

For all ages:

Kiwi has a unique flavor that some people compare to a combination of strawberries and bananas. What do you think it tastes like?

The whole fruit, including the skin, is edible.

Traditionally in China, kiwifruit was given as medicine to children to help them grow

The countries that produce the most kiwi are Italy, New Zealand, Chile, France, Japan and the United States.

For older students:

Science

The scientific name is *Actinidia deliciosa*, commonly known as Hayward kiwi.

The genus *Actinidia* comprises around 60 species. Their fruits are quite variable, but share a similar appearance and shape.

Nutrition

Kiwi is rich in nutrients and low in calories. It is particularly rich in vitamin C, vitamin K, antioxidants, and fiber.

History and Geography

Kiwifruit is native to north-central and eastern China, where it was known as Yang Tao. The first recorded description of the kiwifruit dates to 12th century China during the Song dynasty.

Kiwi were brought to New Zealand from China by missionaries in the early 20th century.

Early varieties were described in a 1904 nursery catalogue as having "...edible fruits the size of walnuts, and the flavor of ripe gooseberries," leading to the name Chinese gooseberry.



Kiwi growing on vines

Kiwi became popular with British and American servicemen stationed in New Zealand during World War II.

In 1962, New Zealand growers began calling it "kiwifruit" for export marketing, a name commercially adopted in 1974.

In Italy, the infrastructure and techniques required to support grape production were adapted to the kiwifruit.