

Harvest of the Month



KIWIS



TASTE - MAKE - LEARN

The Humboldt County Office of Education put this kit together so you can do Harvest of the Month with your family!

1. **TASTE** a kiwi on its own.
2. **MAKE** a dish with kiwis using the recipe and ingredients provided.
3. **LEARN** about kiwis with the information below.

Fun Facts

- Kiwis are native to China where they were called Mihou Tao, or "macaque fruit," because monkeys love to eat the sweet fruit.
- Kiwis grow on vines that can reach over 30 feet in length.
- The texture of the kiwi is soft. Some say it tastes like a mixture of banana, strawberry, and pineapple.
- Kiwis are one of the most nutrient dense foods you can eat! They have tons of healthy vitamins and minerals, including vitamin C and potassium.

Local Connection



Marguerite and Patrick Pierce grow 10 acres of mixed vegetables and five acres of grapes and kiwis along the Klamath River in Orleans. They harvest around 10,000 pounds of kiwis each year!



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



Need help with food? Add to your food budget with the CalFresh program. Visit benefitscal.com or call 1-877-410-8809 to find out if you qualify.