

# Harvest of the Month



## Literature Links

- *The Fruits We Eat*, by Gail Gibbons
- *Ned's New Home*, by Kevin Tseng

## Local Highlight

Kiwi production is not very extensive in Humboldt County, but the Pierce family in Orleans has a small orchard that supplies local stores in winter.

Check out our video about kiwis and Pierce Family Farm:

[vimeo.com/channels/hcoenutrition](https://vimeo.com/channels/hcoenutrition)

## Video Discussion

How do kiwis grow?

When and how do kiwis ripen?

Why do the Pierces have to bend over when they harvest their kiwis?

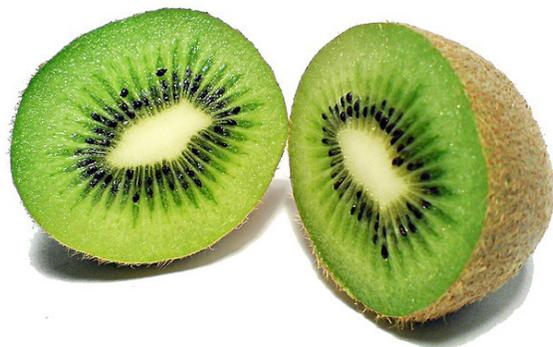
How did the kiwi get its name?

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## KIWIS

*Actinidia deliciosa*



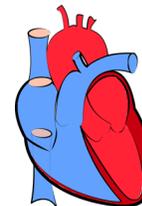
## Nutrition Power

Kiwis are a great source of vitamin C and potassium.



**Vitamin C**

helps you to heal!



**Potassium**

helps your muscles, including your heart!

## History

Kiwis, or kiwifruit, are native to China where they were called Mihou Tao, or “macaque fruit,” because monkeys love to eat the sweet fruit.

Seeds of the plant were brought to New Zealand in 1904. The people who tasted the fruit thought it tasted like a gooseberry and started calling them Chinese gooseberries. In the 1950’s a company that sold the fruit changed the name to kiwifruit, after New Zealand’s national bird!

The U.S. started growing kiwifruit in the 1960’s mainly in California, and shortened the name to kiwis.



## Did You Know?

- Plant part we eat: FRUIT
- Kiwifruit grow on vines that can reach over 30 feet in length.
- There are many shapes, sizes and colors of kiwifruit, including red and gold.
- Kiwifruit are harvested in October and November when they are still hard. They are kept cold in a refrigerator for at least a couple weeks which helps them start to soften, and then allowed to fully ripen at room temperature.
- China, Italy, and New Zealand are the leading producers of kiwifruit worldwide.

