



Helping Mississippians live happier, healthier lives!

KIWI

Did you know that kiwifruit is a berry? It grows on woody vines like grapes, and is high in vitamin C like strawberries. “Kiwifruit,” “Chinese gooseberry,” or “yang tao” are all names for kiwi.



Its name came from the fuzzy brown kiwi—New Zealand’s national bird! Remove the end and eat it whole. Kiwifruit is perfect to add to a salad or smoothie, or to mix with other fruit.

SELECT

- Press the outside of the fruit with your thumb.
 - If it gives when you touch it, it is ripe.
 - If it does not give when you touch it, it is not ready to eat.
- Avoid kiwis with soft spots or bruises.

PREPARE

- Rinse the kiwi under running water before eating.
- Eat it whole with the skin on to add more fiber.
- Slice or cube kiwi with or without the fuzzy peel.
- Cut in half and use a spoon to scoop out the flesh.

STORE

- To ripen a kiwi, put it in an open plastic bag with an apple or banana. Leave it out on the counter for a day or two.
- Unripe kiwis can last up to 6 weeks in the refrigerator.
- Ripe kiwis will last a couple of days at room temperature. They will last up to 4 weeks in the refrigerator.
- They can be frozen whole, in slices, or crushed.



FUN WITH FOOD

CHILDREN CAN HELP:

- Find this fuzzy brown fruit in the produce section of the grocery store.
- Wash and cut kiwi with a plastic knife. This is a safe way for children to learn how to use a knife.

- To learn more about storing and freezing kiwifruit, visit: HappyHealthy.MS and click on Tips and Videos.
 - How to Store Fruits and Vegetables
 - How to Freeze Fresh Fruits and Vegetables



ENJOY



STRAWBERRY SPINACH SALAD WITH KIWI

- 5 cups fresh baby spinach (washed, dried, stems removed)
 - 1/2 cup chopped strawberries
 - 1 kiwi
 - 1/2 cup pecans
 - 1 tablespoon [HappyHealthy Balsamic Vinaigrette](#)
1. Wash your hands well with soap and warm water for at least 20 seconds.
 2. Remove leaves from strawberries and chop.
 3. Peel kiwi and chop.
 4. Add spinach, strawberries, kiwi, and pecans to a large bowl.
 5. Add dressing to the bowl, and toss to combine.
 6. Serve immediately.
 7. Refrigerate any leftovers within 2 hours.

BALSAMIC VINAIGRETTE

- 1/2 cup balsamic vinegar
 - 1 1/2 cups oil
 - 2 teaspoons minced garlic
 - 2 teaspoons dried Italian seasoning
1. Wash your hands well with soap and warm water.
 2. Combine all ingredients in a jar and shake until smooth. Cover and chill until ready to serve.
 3. Refrigerate leftovers within 2 hours. Use within 1 month.



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FRUIT SALSA WITH KIWI

- 1 pound strawberries
 - 2 peaches
 - 8 ounces blueberries
 - 1 kiwi
 - 3 tablespoons sugar-free strawberry preserves
- * You can use other fruits depending on what is fresh or on sale. Or choose the fruits your family likes best. Other good fruits to use are apples, blackberries, raspberries, grapes, and melon.
1. Wash your hands well with soap and warm water for at least 20 seconds.
 2. Rinse all the fresh fruit with cool water. Drain in a colander.
 3. Peel the kiwi and peaches. Remove the peach pit.
 4. Cut all the fruit into small pieces and put them in a large bowl.
 5. Add the strawberry preserves to the fruit.
 6. Stir gently until the fruit and preserves are mixed well.
 7. Serve with [HappyHealthy Baked Tortilla Chips](#).
 8. Refrigerate leftovers within 2 hours.