

Kiwi

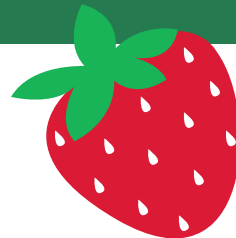
Look: The bright green inside of the kiwi is dotted with tiny black seeds that are edible. Green kiwi is the most common, but it has a lesser-known cousin that is known as the gold kiwi, and it has skin that is fuzz free and smooth!

Taste: The kiwi has a unique, sweet, tropical flavor. Some say that it tastes like a mixture of strawberries and bananas. What do you think?

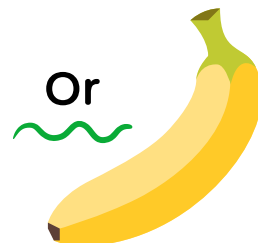
Touch: The skin of the kiwi feels fuzzy. Did you know that every part of the kiwi fruit is edible, including the skin?



Do you think Kiwi tastes more like Strawberries or Bananas?



Or



Did you know?

Despite the common association with New Zealand and even being named after New Zealand's national bird, the Kiwi, kiwi fruits are originally from China.



Nutritionals



Kiwi has more **vitamin C** than the equivalent amount of an orange



The small black seeds found in kiwi fruits are edible, and they are a good source of **Omega-3 Fatty Acids**



Kiwi are also a good source of **Potassium**, an essential mineral that helps regulate blood pressure and maintain proper muscle and nerve function.