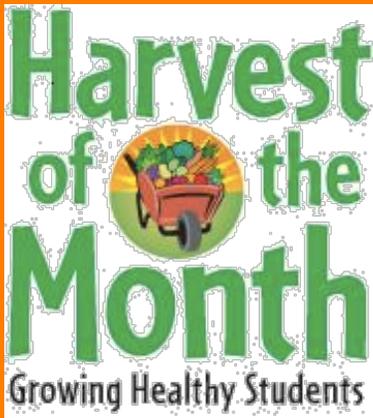


CHEQUAMEGON BAY



January



Did you know...?

Kiwifruit

- ✓ Kiwifruits are actually a berry.
- ✓ Kiwis were called Yangtao in China, their country of origin, renamed Chinese gooseberry when they were introduced to New Zealand, and then renamed “kiwi” fruit when imported into the U.S. because of its resemblance to the fuzzy brown kiwi — New Zealand's funny-looking national bird.
- ✓ Kiwis grow on vines that can be as high as 30 feet.
- ✓ The skin of a kiwi is edible. Try eating it whole like an apple!

Nutritional Benefits

Research has found kiwifruit to be the most "nutrient dense" of all major fruits, containing more vitamin C than an orange and more potassium than a banana. Kiwis are also an excellent source of vitamin K, a good source of fiber, and a source of potassium, folate, beta-carotene, lutein, and zeaxanthin.

How to Select

Look for firm, unblemished fruit, and don't worry about the size — smaller kiwifruit taste just the same as larger ones. Press the outside of the fruit with your thumb. If it gives to slight pressure, the kiwifruit is ripe. If it doesn't give to pressure, it's not ready to eat.

How to Store

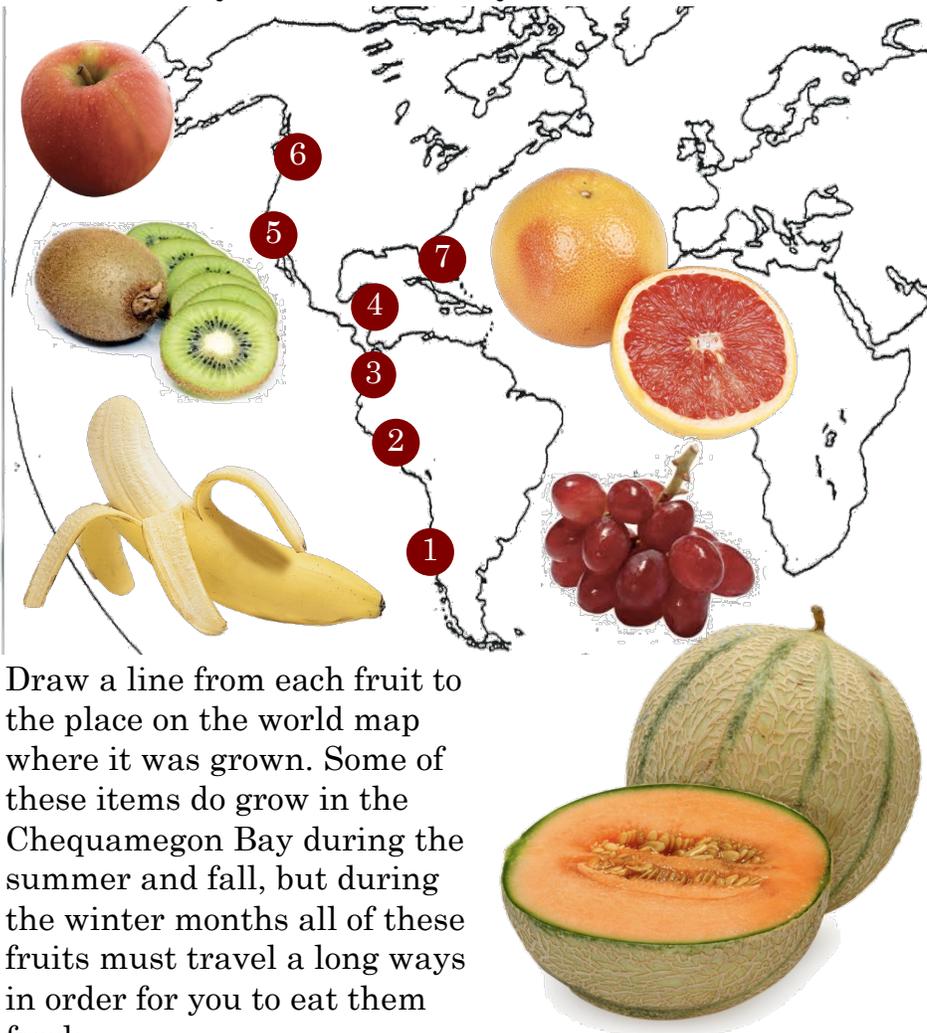
U.S.-grown kiwis have a similar season to our apples. They are harvested in the fall and can be held in commercial storage for several months, making them a perfect fresh fruit for winter when many other fresh fruits are imported from overseas. Kiwis will keep for several days at room temperature and up to four weeks in your refrigerator.

How to Eat

The most popular way to eat a kiwifruit is to slice it in half (so looks like the picture above) and then use a spoon to scoop the soft sweet flesh of the fruit from each half.



Play with your food



Draw a line from each fruit to the place on the world map where it was grown. Some of these items do grow in the Chequamegon Bay during the summer and fall, but during the winter months all of these fruits must travel a long ways in order for you to eat them fresh.

Which fruit travelled the furthest?



- 1) Blueberries- Chile, 5600 miles
- 2) Grapes- Peru, 4000 miles
- 3) Banana- Ecuador, 3300 miles
- 4) Cantaloupe- Honduras, 2700 miles
- 5) Kiwifruit- California, 2200 miles
- 6) Apples- Washington, 1800 miles
- 7) Grapefruit-Florida, 1700 miles

IN THE GARDEN

The standard kiwifruit found in your local market is NOT a tropical fruit as many people believe, but does require a long growing season (over 200 days) and cannot tolerate winter temperatures below 10°F. Learn about growing kiwifruit in Wisconsin here: <http://wimastergardener.org/?q=Kiwis>

Cooking Corner



Wild Rice Salad with Kiwifruit

Ingredients

- 2 ½ cups chicken stock
- 1 cup wild rice
- 3 Tbsp lemon juice
- 2 tsp olive oil
- 2 tsp honey
- 2 kiwis, peeled and diced
- ½ cup raisins (dried cranberries)
- 2 Tbsp pecans, toasted and chopped

1 **Heat** broth in a medium saucepan, and bring to a boil. Add rice, reduce heat to low, and simmer, covered for 45 minutes, or until tender. Drain excess liquid, cover and let cool.

2 **Whisk** together lemon juice, oil, and honey in a small bowl until honey is dissolved. Season with salt and pepper.

3 **Mix** cooled rice, kiwi, raisins, and pecans in a salad bowl. Add dressing, and gently toss.