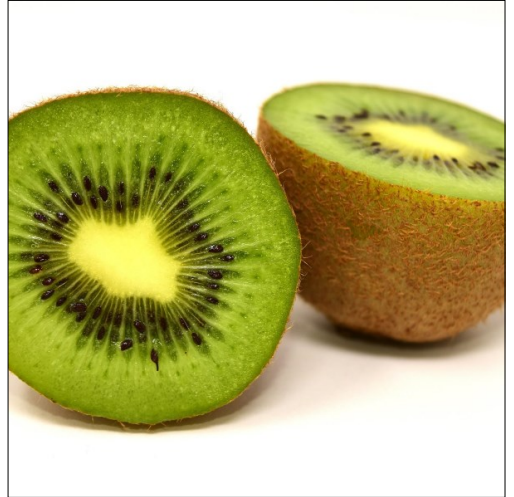




## CHARACTERISTICS

- Kiwis have fuzzy brown peels, green, yellow or red flesh and small black seeds.
- Select kiwi that are a little firm and have fuzzy skin without soft spots.
- Kiwis that are firm will be sour, so let them ripen at room temperature for 3-5 days before eating.
- 1 cup of fresh kiwi contains:
  - 273% of your recommended daily value of vitamin C to support a health immune system.
  - 89% of your recommended daily value of vitamin K to help with recovery from injuries.



## PREPARE

You can eat the peel of kiwis, but you should wash before eating. If you don't want to eat the peel, remove it with a peeler or knife before eating. Try kiwi:

- *Chopped* as part of a fruit salad or salsa
- *Blended* into a smoothie
- *Added* to your favorite salad

## STORE

- Store unripe kiwi at room temperature until ripe, about 3-5 days.
- To refrigerate: Store ripe kiwi in a plastic bag for up to 2 weeks or without a plastic bag for up to 1 week.
- To freeze: Cut kiwi with or without peel into pieces or slices. Freeze in a plastic bag or container for up to 1 year.