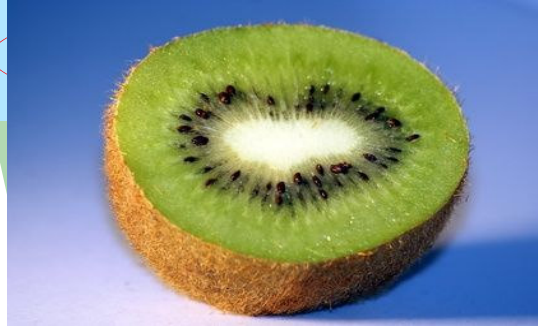


KIWI



- ◆ **Brown and fuzzy on the outside and bright green on the inside with tiny black seeds.**
- ◆ **The flavor is a mixture of peaches, strawberries and melon with a soft and juicy texture.**
- ◆ **It's one of the most popular fruits today.**
- ◆ **Kiwifruit are the nutrition powerhouse of fruit! High in vitamin C and a good source of fiber, vitamin E and potassium. Fat free, sodium free, and cholesterol free.**
- ◆ **Kiwifruit can be used as a natural meat tenderizer because it contains an enzyme called Actinidin. Just cut in half and rub the kiwifruit over the meat. Or peel and mash with a fork and spread it on the surface of the meat and let stand 10-15 minutes.**
- ◆ **Kiwi can help improve your immune system.**
- ◆ **There is also a New England flightless bird named Kiwi, but it did not get its name from the fruit. It got its name Kiwi due to the sound that it makes.**

