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# Introducing Katie the Kiwi

It's what's on the inside that counts right??



Kiwi's rock and after this week I think you might agree with me! Take a seat and let me tell you a little bit about us!

We may look boring on the outside. We are round and small, covered with a brown furry skin but you're in for a treat when you cut into our delicious vibrant juicy green flesh.

### **Did you know?**

The Kiwi was initially known as a "Chinese Gooseberry". However, long ago, our friends in New Zealand renamed us to Kiwi because of how similar we look to the kiwi bird, a national symbol of New Zealand.

### **Availability**

Harvesting is usually in October and early November. So you can be assured of having plenty of fresh Kiwis available for the winter and spring months

### **Why are kiwis so good to eat?**

I must say – I think Kiwi's should be voted Queen of all fruit! Why you ask? Kiwis contain twice the amount of vitamin C than oranges. We are also a rich source of vitamin E and K. Compared to other fruits we offer the greatest amount of vitamins and fibre per gram of fruit.

## How are kiwis grown?

Kiwifruit can be grown in most temperate climates with adequate summer heat. Kiwifruit is commercially grown on sturdy support structures, as it can produce several tonnes per hectare and is picked by hand!

## How to store kiwis

Kiwis are harvested when firm and ripen after a few days to a week when stored at room temperature. Kiwis should not be kept in direct sunlight. Faster ripening occurs when placed in a paper bag with an apple, pear, or banana. Once a kiwi is ripe however, it is preserved optimally by storing far from other fruits, as it is very sensitive to the ethylene gas they may emit, which may cause them to over-ripen, even in the refrigerator. If stored appropriately, ripe kiwis normally keep for about one to two weeks.

## Fun ways to prepare and eat kiwi

Keep it simple and eat kiwi fresh – cut a kiwi in half and use a spoon!

Use as a topping for cereals/pancakes and waffles, include in smoothies or try as an interesting salsa or jam!

## Recipes

### Kiwi Jam (0 exchanges)

#### Ingredients (for 6 servings):

- 4 cups sugar
- 4 lb. kiwis, halved
- 1/4 cup fresh lemon juice

#### Preparation

1. Scoop flesh from kiwi halves with spoon into stainless steel pot; discard skins. Mash flesh until smooth. Stir in sugar and lemon juice.
2. Bring mixture to a boil. Reduce heat to medium-low, and simmer 15 minutes, or until thickened, stirring occasionally.
3. Meanwhile, sterilize jars and lids: Submerge jars in large pot filled halfway with simmering water, and lids in small pot of simmering water. Keep jars and lids in hot water until ready to use.

4. Remove jars one at a time from hot water, and fill with jam, leaving ¼-inch headspace. Seal with lids. Place canning rack or cake rack in bottom of large pot, and return jars to pot, adding extra water to cover jars by 1 inch, if necessary. Bring water to a boil, and boil 10 minutes. Remove jars from water, and cool.

And voila – This is one of Penny’s and Pauls favourite Low protein recipes – so enjoy!

**Best bit -**

We’re naturally low in protein and can make up a delicious part of your diet – so what are you waiting for give me a try.

**How many times did you try it? \_\_\_\_\_.**

Did you earn your star? ★

