

## Food Feature: Kiwifruit!

Kiwis are small fruits that pack a lot of flavor and plenty of health benefits. The green flesh is sweet and tangy. They are full of nutrients like vitamin C, vitamin K, vitamin E, folate, and potassium. They also have a lot of antioxidants and are a good source of fiber. While the seeds and skin are edible, most people prefer to peel the fruit first.



### Fun Facts



- Originally named “Chinese Gooseberry”
- Renamed to kiwifruit after the kiwi bird
- Kiwifruit grows on vines

### Kiwifruit Popsicles

- 1 cup peeled and diced kiwi
- 1 cup hulled and diced strawberries
- 2 cups diced watermelon
- 1 lime

Juice and zest the lime. Place all ingredients in a blender and puree until completely smooth. Pour mixture into popsicle molds. Freeze for 3-4 hours or until solid.



[Source](#)

### Book Suggestion

