

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is **Kiwi**



Health and Learning Success Go Hand-in-Hand

Do you want more energy for you and your family? Start by making healthy beverage and meal choices. Water is a vital nutrient that helps keep your body temperature normal. Water also helps keep your joints moving smoothly. Students who are hydrated and healthy have more energy and can focus better in school. Use *Harvest of the Month* fruits and vegetables in meals and snacks to help your children reach their total daily needs.

Produce Tips

- Choose Kiwis based on skin color, avoiding greenish hue
- Look for plump fruit.
- Inspect for bruising, Blemishes, and Wrinkles.
- Test ripeness by gently pressing the fruit.
- Smell the kiwi for sweetness.
- Once the kiwi is ripe store in the fridge. If they need to ripen more, store on the countertops.

Healthy Serving Ideas

- Eat a Kiwi on the go! You can eat it like an apple or take the peel off with a knife.
- Mix Kiwis in a fruit salad.
- Mix Kiwis into smoothies or smoothie bowls
- Serve sliced kiwis with low fat yogurt for a healthy snack.

Kiwi Smoothie

Makes 4 servings.
Prep time: 10 minutes

Ingredients:

- 3 kiwis, peeled and cut into chunks
- 2 medium ripe bananas, cut into 4 pieces (frozen optional)
- 1 cup blueberries (frozen optional)
- 1 cup fat free plain yogurt
- 3 tablespoons honey
- 1/4 teaspoon almond extract (optional)
- 1 - 1/2 cups of crushed ice

Directions:

In a blender, combine the fruit, yogurt, honey and extract if desired, cover and process until combined. Add ice, cover and process until blended. Stir if necessary, pour into glass and serve

Nutrition information per serving:

1 cup: 196 calories, 1g fat (0 saturated fat), 1mg cholesterol, 48mg sodium, 46g carbohydrate (37g sugars, 5g fiber), 5g protein

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Let's Get Physical!

- At home: Start a garden for you and your family
- At work: Take stretching breaks! Stretch a couple of minutes for every hour you work.
- At school: Encourage your child to get involved with the school garden

For gardening ideas, visit:

www.kidsgardening.org

Nutrition Facts

Serving Size: 100 g (about 2 kiwis)

Calories 61	Calories from Fat 0
% Daily Value	
Total Fat 0.52g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 14.66g	
Dietary Fiber 3g	11%
Sugars 8.99g	18%
Protein 1.14g	
Vitamin A 3%	Calcium 3%
Vitamin C 103%	Iron 2%

How Much Do I Need?

- Eat 2-3 kiwi fruits per day
- A serving of Kiwis is a good source of vitamin C

- Kiwis are about 90% water.

The recommended daily amount of fluid is about eight cups per day, or 64-ounces total. Your body needs water to keep every part working. Fruits and vegetables have water. Eating them can help you get the eight cups of fluid you need daily. The amount of fruits and vegetables you need depends on your age, gender, and physical activity level.

Recommended Daily

Amounts of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

What's in Season?

California grown kiwi fruits are in season from September to March.

Try these other champion sources of water: cabbage, celery, melons, radishes, spinach, strawberries, and tomatoes.