

SPOTLIGHT ON PRODUCE

WHAT AM I?

Golden Kiwis are also called Yellow Kiwis. They look like a green kiwi with yellow flesh on the inside.

HOW DO I GROW?

Golden Kiwis grow on branches of bushes and are grown in the fall and through late spring.

NUTRITION FACTS

Golden Kiwis are a good source of Vitamin C which helps your immune system. They also have as much potassium as a banana!

GOLDEN KIWIS



FUN FACT

You can eat a whole Golden Kiwi like an apple! You can eat all parts of a Golden Kiwi including the skin.