

Kiwifruit

Actinidia deliciosa

Family: Actinidiaceae



Geography

- ◉ Grows best 2,000-6,500 ft elevation
- ◉ Prefers heavy rainfall (51 in.)
- ◉ Cold sensitive – leaves die below 29°F
 - > Plant dies below 10°F
- ◉ Italy is the best producer of Kiwi
 - > Followed by: New Zealand, Chile, France, Greece, Japan, US, and China
- ◉ Temperate climate: 40-80°F

Description

- ◉ Originally called yang tao
 - › Chinese Gooseberry
 - › New Zealand – Kiwifruit
- ◉ Grows on long woody vine
 - › 30 ft in height
- ◉ Shallow, fibrous root system
- ◉ Fuzzy brown exterior
- ◉ Bright green flesh
- ◉ Seeds around the fibrous center



Cultivation

- ◉ Insect pollinated plants
 - > Beehives on site of plantings
 - > Commercial pollen available in CA
- ◉ Male and female vines
 - > Female vines do not produce nectar
 - > 10-12% male vines are necessary in plantings
- ◉ Difficult crop to establish
- ◉ Equal moisture with good drainage
- ◉ Protection from strong winds
- ◉ Long season (May-November)

Plant Usage

- ◉ China – health aid for growing children and women post pregnancy
 - > Didn't like as food
- ◉ Fruit is a good source for food
 - > Ate fresh, pies, ice-cream topping, jams, jelly, pickled, wine
- ◉ Meat tenderizer
- ◉ Treats mange for dogs
 - > Boiling leaves and branches
- ◉ Vine stems used for rope, and leaves/bark made into paper in China
- ◉ Base of the vine could even be used as a pencil

History

- ◉ Native to east coast provinces in China
 - › National Fruit
- ◉ 1906 first planted, 1910 first bore fruit in New Zealand
- ◉ Loved by stationed US military in New Zealand during WW2
- ◉ West Germany (once largest consumer) was shipped large quantities of canned kiwi

Nutrition

Nutritional value per 100 g (3.5 oz)

Energy	255 kJ (61 kcal)
Carbohydrates	14.66 g
- Sugars	8.99 g
- Dietary fiber	3.0 g
Fat	0.52 g
Protein	1.14 g
Thiamine (vit. B ₁)	0.027 mg (2%)
Riboflavin (vit. B ₂)	0.025 mg (2%)
Niacin (vit. B ₃)	0.341 mg (2%)
Vitamin B ₆	0.63 mg (48%)
Folate (vit. B ₉)	25 µg (6%)
Vitamin C	92.7 mg (112%)
Vitamin E	1.5 mg (10%)
Vitamin K	40.3 µg (38%)
Calcium	34 mg (3%)
Iron	0.31 mg (2%)
Magnesium	17 mg (5%)
Phosphorus	34 mg (5%)
Potassium	312 mg (7%)
Sodium	3 mg (0%)

Additional Info

- ◉ Because of exterior, not damaged by fruit flies
- ◉ Cannot be blended with yogurt
 - > Interacts with yogurt enzyme
- ◉ Acidity of fruit can aid digestion
- ◉ Hairs of the skin can cause throat irritation if ingested
- ◉ Those allergic to papaya, latex, and pineapples are also likely to be allergic to kiwi's

References

- © Morton, J. 1987. Kiwifruit. Fruits of Warm Climates. p. 293-300.