



KIWIFRUIT

Kingdom Plantae - Plants

Subkingdom Tracheobionta - Vascular plants

Superdivision Spermatophyta - Seed plants

Division Magnoliophyta - Flowering plants

Class Magnoliopsida - Dicotyledons

Subclass Dilleniidae

Order Theales

Family Actinidiaceae - Chinese Gooseberry
family

Genus Actinidia Lindl. - Actinidia

Species Actinidia Deliciosa - Kiwi Fruit

Kiwi FACTS

- Kiwi fruit gets its name from the kiwi bird, a flightless bird native to New Zealand.
- Native to China where they called it the “macaque peach”
- Contains just as much potassium as a banana.
- Useful for improving asthmatic conditions in children and preventing colon cancer.
- Contain a protein dissolving enzyme called actinidin which can cause allergic reactions .

Kiwi History

- Almost all kiwi fruit in commerce belong to a few cultivators of *Actinidia deliciosa*: Hayward, Chico, and Saanichton 12 which are almost all indistinguishable from each other
- First appeared in Southern China and is still considered its national fruit.
- Introduced to the western world in the beginning of the 20th century when missionaries from China brought them to New Zealand
- 1952 Kiwifruits were exported to New England
- 1958 the first kiwifruits were exported to California
- 1970 the first crop of kiwifruits were successfully harvested in California
- 1991 a new variety of golden kiwifruit was developed named Hort16A
- As of today the leading producers are Italy, New Zealand, Chile, France, Greece, Japan, and the USA

Kiwi Cultivation

- Planted in a moderately sunny place and vines should be protected from wind because it can break new growth
- The soil should be planted in acidic pH of about 5-6.5. If soil is too acidic the leaves have potential for nitrogen deficiency
- Should be watered constantly especially in the summer when the plant undergoes the most stress
- Kiwi fruit need a lot of nitrogen and it needs to be added early on in the season, but if added late in the season it can cause the fruit to store poorly
- Mulching is recommended but should not contact the vine directly
- Pruning is important for proper fruiting since the fruits grow on a wire or t-bar system.

Kiwi Nutrition

- ❑ Rich source of vitamin C, Vitamin E, and small amounts of Vitamin A
- ❑ The skin is a good source of flavonoid antioxidants (Vitamin P and citrin)
- ❑ The Kiwi seeds contain on average 62% alpha-linolenic acid and omega-3 fatty acids
- ❑ Contains about 46 calories, .3 grams of fat, 1 gram of protien, and 11 grams of carbs along with mild laxative affects due to high diety fiber within the skin
- ❑ The actinidin within the kiwifruit can also be used commercially as a meat tenderizer. People with allergies to latex, papayas or pineapples are likely to be allergic to kiwifruit.
- ❑ The fruit also contains calcium oxalate in the form of raphides (needle shaped)
- ❑ Actinidin causes kiwifruit to be unsuitable to be served with dairy based desserts because enzymes soon digest milk protiens.

Works Cited

- <http://en.wikipedia.org/wiki/Kiwifruit>
- <http://kiwi-fruit.info/kiwi-fruit/History+of+Kiwi+Fruit>
- <http://kiwi-fruit.info/kiwi-fruit/Kiwi+Fruit+Cultivation>

