

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

A sliced kiwi fruit is shown floating in water, with several water droplets splashing around it. The kiwi is cut in half, revealing its green flesh and black seeds. The background is a light, bright blue-green color, suggesting a clean, fresh environment.

- ❑ 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 protein, and 11 grams of carbs along with mild laxative effects due to high dietary 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 proteins.

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>

