



Kiwifruit is Cool!

By
Ms. Grech's Second Graders

Kiwi is an amazing fruit that everyone should eat. This tiny fruit has so many benefits to our body. First, it helps fight heart disease and boosts your immunity.

Second, it helps manage blood pressure and cleans out toxin. Also, it helps support weight loss and improves your digestive health. It's packed with vitamins C and E. Eating two medium kiwis boast 230 percent of the recommended daily allowance of vitamin C, almost twice that of an orange. Some people think kiwis taste like strawberries.

Kiwifruit is grown on a kiwi tree, which is a woody, climbing shrub that can reach 30 feet tall. They are hard to grow in California but farmers in Italy and New Zealand have great success!

We bet you didn't know that this superfood was named after the Kiwi Bird, native to New Zealand, which is also small, brown and fuzzy.

This month, the students in Mrs. Wong's class prepared a Kiwi Cucumber Salsa for the students of Ormondale to enjoy. We hope you will make this month's recipe and enjoy it too!

Kiwi and Cucumber Salsa

Prep Time: 10 minutes

Total Time: 10 minutes

Yield: 8 servings

Serving Size: 1/4 cup

Enjoy this Kiwi and Cucumber Salsa as a refreshing snack on its own or as a topper for grilled veggies or fish!



Ingredients

- 2 Zespri SunGold Kiwifruits, diced
- $\frac{1}{2}$ English cucumber (~1 cup), chopped
- $\frac{1}{4}$ cup chopped red onion
- $\frac{1}{4}$ cup diced avocado
- 2 tablespoons chopped cilantro

Instructions

1. Combine all ingredients in a medium-sized bowl. Toss to combine. Serve with whole grain crackers, as a side salad, or top lean meat/fish/grilled veggies. Enjoy!