

Kiwifruit

1. What are the benefits of folate?

Folate is a B vitamin that is protective against birth defects, cancer, and heart disease.

2. What is the difference between soluble and insoluble fiber? What are the benefits of each?

Soluble fiber is broken down in the digestive process and is the form of fiber that appears to play a protective role in heart disease and diabetes. The digestive enzymes do not break down insoluble fiber. It helps hold water in the colon, aiding in the prevention of constipation, diverticulosis, hemorrhoids, and some forms of cancer.

3. Which enzyme makes the kiwi a natural meat tenderizer? What does it do?

Actinidin is the enzyme that breaks down proteins. Kiwis contain actinidin, making them natural meat tenderizers.

4. Identify on a world map the countries where kiwis are grown.

Chile, New Zealand, Italy, Japan, France, Greece, Spain, and Australia.

5. When did the California kiwi industry begin?

Although kiwis were first exported to the U.S. in 1904, it was not until 1935 when agricultural testing of the berries began. Although kiwi was first commercially grown in 1960, it took until 1970 for the first 1,200 pounds to be produced.

6. Kiwis are available year-round in the U.S. How does the growing and harvesting time compare to other kiwi-producing countries, like Chile and New Zealand? Is it different? Why or why not?

The U.S. grows and harvests fruit in the late fall, October through November. Availability can occur from October through May with proper storage and handling. The New Zealand and Chile season is exactly the opposite. In these countries, kiwis are harvested in April and May. Yes, it is different due to the difference in seasons between the hemispheres where the countries are located. Kiwi plants prefer to hibernate in the winter months and bud in spring with growth of the berry occurring through the summer months.

7. Research how the care of the kiwi vine and the importance of pruning are similar and different to other vine and tree fruit.

Unlike many shrubs and trees that do well without ever being thinned or cut back, even vines grown in sizable settings may require regular pruning to keep them healthy, productive, attractive, and under control. Many vines just don't know when to quit—or in which direction to grow. They must be taken in hand early on or they will be collapsing trellises, pulling down fences, and obscuring windows and doors. Once vines have developed adequate roots, most just keep on growing above ground. To keep a vigorous climber healthy, you must do the following:

- Remove any dead, damaged, diseased, or unproductive stems.
- Remove overly tangled stems.
- Remove errant stems, especially those growing away from the support.
- Direct its growth.
- Limit its growth.

Sources:

www.kiwifruit.org

www.dole5aday.com/referencecenter/encyclopedia.kiwifruits/kiwi_5aday3.jsp

www.bbq.org/gar2/topics/sustainable/handbooks/pruningtrees/1html

<http://aggie-horticulture.tamu.edu/plantanswers> (then search for pruning and planting)

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