

Fruit and Veggie of the Month

Kiwi

After the Chinese sent its seeds to New Zealand in 1906, the “Chinese Gooseberry” was shipped to the United States and was renamed “kiwi” after New Zealand’s national bird, the “kiwi”. Kiwifruit vines are trained to grow on a trellis, and vines can be as high as 15 feet. This helps plants get enough light and air for optimal quality. Kiwifruit is high in antioxidant vitamin C and a good source of fiber, vitamin E, and potassium. It is fat free, sodium free, and cholesterol free. A ½ cup serving of kiwi is a very healthy snack with 3 grams of fiber and only 50 calories. Kiwifruit can also be used as a natural meat tenderizer. That’s because it contains an enzyme called Actinidin. Just cut in half and rub kiwifruit over the meat and let it stand for 10-15 minutes.



Broccoli



Broccoli has been around for more than 2,000 years. In the United States, the most common type of broccoli is Italian green or sprouting variety. Choose bunches that are dark green. Good color indicates high nutrient value. Packaged frozen broccoli differs from fresh in its nutrient content. Broccoli florets are richer in beta-carotene than the stalks. Manufacturers typically cut off most of the stalk before packaging it, so frozen broccoli may contain 35% more beta-carotene by weight than fresh. However, frozen broccoli has twice as much sodium as fresh broccoli, about half the calcium, and smaller amounts of

iron, and the B vitamins thiamin and riboflavin. The best way to cook broccoli is to steam. This helps to retain the vitamins and minerals in the broccoli while it is cooked. A one-half cup serving of broccoli only contains 25 calories and is a good source of fiber at 3 grams per serving!