

# Harvest of the Month™



**are proud to feature:**

## KIWIFRUIT

THE KIWIFRUIT USED TO BE  
CALLED THE CHINESE  
GOOSBERRY BUT WAS  
RENAMED THE KIWIFRUIT  
IN 1959 AFTER NEW  
ZEALAND'S NATIONAL  
BIRD, THE KIWI BIRD

SPOT THE  
RESEMBLANCE?



**THERE ARE MORE THAN  
50 TYPES OF KIWI ALL  
AROUND THE WORLD!**

**ONE KIWIFRUIT (69G) IS PACKED WITH**  
**106% VITAMIN C**  
**FIBER**  
**9% VITAMIN E**  
**34% VITAMIN K**  
**215MG POTASSIUM**