

FRUIT SALSA

Makes 2 servings

INGREDIENTS

1 mango, peeled and chopped
1 cup strawberries, rinsed, hulled, and chopped
1 cup blueberries, rinsed and dried
1 cup raspberries or blackberries, rinsed and dried
1 kiwi, sliced
1 sprig mint leaves, well rinsed and separated from stem
1 lime, juiced
1 package pita chips
2 tablespoons cinnamon
Salt and sugar to taste

NOTES

Any berries will work in this salad - strawberries, raspberries, blackberries, blueberries, currants, gooseberries, cloudberries, etc. The best fruit salad favors local, seasonal fruit - use what your market has!

DIRECTIONS

1. Peel mango and slice into 1/4 inch pieces. Add to a medium serving bowl.
2. Rinse, hull, and slice strawberries. Add to bowl.
3. Rinse and gently dry remaining berries. Add to bowl.
4. Peel kiwi and slice into 1/8 inch pieces.
5. Rinse mint leaves under cold running water. Remove from stem and tear or chop into thin slices. Add to bowl.
6. Juice lime over bowl.
7. Gently mix to coat everything with lime juice. Add salt and sugar to taste.
8. In a container or disposable bag, add cinnamon to pita chips and shake to coat. Serve with salsa and enjoy!



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FUN FACTS ABOUT KIWI

Kiwifruit, often called kiwi, originated in north-central and eastern China. In some places, they are known as Chinese gooseberry. It was originally known by the name “yang tao.”

In the early 1900s, missionaries brought the fruit to New Zealand, where it received its name “kiwi” after the small flightless bird native to the island.

Bees are the main pollinators of kiwifruit. Sometimes, farmers pollinate the kiwifruit on their own by spreading pollen towards the female plant.

Botanically, kiwifruits are berries.

Kiwifruit grows as a vine, and can grow up to 33 feet in length. They can produce fruit for 30 years, and live up to 50 years old.

Size, skin color, flesh color, taste, and texture of kiwifruit depend on the species. There are even some commercially available.

More than one million tons of kiwifruit are produced each year. Italy, New Zealand, and Chile produce the majority of kiwifruit.

Kiwifruit is usually consumed raw or as a juice. Kiwifruit is used in cakes, ice-creams, fruit salads, and other desserts. High temperatures (during cooking) changes the taste and color of kiwifruit.

Kiwifruit contains twice the amount of vitamin C that oranges contain. They are also a rich source of vitamins E and K. Compared to other fruits, kiwifruits offer the greatest amount of vitamins and fibers per gram of fruit. A medium-sized kiwifruit contains only 46 calories.

Kiwifruit contains the protein actinidain, which softens meat and digests proteins in milk and gelatin. Kiwifruit is often used in braises to help break down meat.

Kiwifruit facilitates good digestion and boosts immune system health. Consuming kiwifruit helps prevent the flu.

Some people have kiwifruit allergies. Allergic reaction to kiwifruit can be mild or severe enough to require medical intervention.

Eating 2 kiwifruit an hour before bedtime will help you fall asleep faster and sleep more soundly - and you'll feel better rested when you wake up.