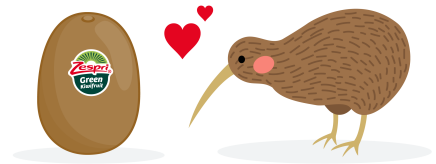


# Golden Kiwi



- ❖ The Kiwifruit is native to China
- ❖ It is grown in New Zealand and named after their national bird, the Kiwi
- ❖ Golden Kiwi has 3x as much vitamin C as Oranges. Vitamin C prevents sickness.
- ❖ It is high in potassium, which can prevent muscle cramps and help control blood pressure
- ❖ Tropical and sweet in taste, and you can even eat the skin!



Click [HERE](#) for a fun video about Golden Kiwi!

## References

<https://www.zesprikiwi.com/kiwifruit/green-vs-gold-kiwifruit/>

<http://www.5aday.co.nz/facts-and-tips/fruit-vegetable-info/kiwifruit-gold/>

