

HAYWARD Kiwi

Haywards are **the most common variety of kiwi**. About the size of an egg, they have a thin, brown skin covered with short hairs -- which is perfectly edible, even if fuzzy! Their sweet, emerald green flesh is dotted with tiny, edible seeds in a beautiful starburst pattern. **Kiwis have almost twice the vitamin C of an orange** and more potassium than a comparable serving of bananas. **Eat kiwi sliced with the skin on, or cut in half and scoop out flesh with a spoon.**



Kids in the Kitchen

Whether for Thanksgiving dinner or a simple family meal, **make cooking a shared activity**. Kids can write shopping lists, unpack groceries, wash vegetables, spin salad leaves, read recipes, mix, stir, and more. **It's great practice in reading, math, measuring, following directions--and cooking!**



GIVING Thanks

“ ‘Thank you’ is the best prayer that anyone could say. I say that one a lot. Thank you expresses extreme gratitude, humility, understanding. ”

-- *Alice Walker*, writer, poet & activist

For info on The FruitGuys' Farm-to-School program, contact customer service:
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