

Usage Tips & Trends

Selecting and Ripening

- Look for **plump and smooth-skinned kiwifruit with no wrinkles, bruises or punctures**. Ripe GREEN and GOLD Kiwifruit will keep at room temperature for a few days. To store the fruit longer, keep it in a plastic bag in the refrigerator.
- **GREEN Kiwifruit may be firm when purchased**. It will usually ripen at home in three to five days when kept at room temperature. The firmer the fruit, the more tart it will taste. To speed-up the ripening process, place GREEN in a paper bag with an apple or banana at room temperature. Fruits like apples and bananas produce natural ethylene gas, which accelerates fruit ripening. On that note, once fully ripe, kiwifruit should be stored away from ethylene-producing fruits.
- **GOLD Kiwifruit is usually ready to eat when purchased**. It should feel slightly soft to the touch, like a ripe peach or avocado.



No Peeling

- Simply **cut in half and scoop out ripe fruit from its skin** with a spoon. You can also slice kiwifruit into quarters and then slice off the skins, like you would an apple.
- Whole quarters can also be eaten from the skin, like you would an orange. **Kiwifruit skin is edible and provides more nutrients**, including fiber. We recommend eating the thinner, smoother skin of GOLD.

Blending

- **Kiwifruit makes a bold fruit puree** – ideal for all sorts of dipping sauces and cocktails or mocktails. When pureeing kiwifruit, be sure to not over-blend and crush the seeds. Crushed seeds can lend a slightly bitter flavor to your dish. Seeds can be removed by passing the pulp through a strainer. Replace them after pureeing for an authentic look!

Cooking

- **Kiwifruit boosts the color and flavor of cooked foods**. When using kiwifruit in hot dishes, add it at the very last minute so that it will retain its bright color.
- The enzyme actinidin found in **GREEN Kiwifruit makes for a natural meat tenderizer**. Simply peel and mash a kiwifruit and spread the pulp on a tough cut of meat. Let stand for 10 to 15 minutes and then lightly scrape the kiwifruit off the meat, discarding the kiwifruit.
- **GOLD Kiwifruit does not have actinidin and is a better choice for dishes with dairy**. Actinidin in GREEN Kiwifruit breaks down protein in dairy products over time and prevents gelatin from setting. This explains why when GREEN is combined with low fat ice cream, yogurt or sour cream, it's best to serve and eat it right away.

Cocktails & Mixology

- **Whenever possible, use fresh fruit**. Avoid bar mixes and artificial, concentrated substitutes. Kiwifruit serves as a beautiful garnish as well as a great main ingredient.
- **Graciously host those who choose to avoid alcohol**. Serve them something with just as much verve as your starring cocktail. GREEN and GOLD Kiwifruit rev up mocktails with vibrant hues and refreshing flavors.
- **Think seasonally**. Utilize fruit that is fresh, ripe and in season. Nothing says summer bliss like juicy kiwifruit.
- **Unexpected flavors get people talking**. Increase unexpected flavors and visual appeal with GREEN and GOLD Kiwifruit.