

NEW ZEALAND KIWIBERRY

fresh
produce
new zealand

New Zealand KiwiBerry have a smooth, hairless and edible skin, with shapes varying from round to elongated.

Similar in size to grapes, they are a delicious single mouthful. The flesh of the KiwiBerry is bright green and has a wonderful sweet and aromatic taste. They are ready to eat when soft to the touch.

Whilst perfect naturally straight out of the hand, they can also be used in a variety of dessert recipes, as a key ingredient in cocktails, added to salads or made into a sauce and paired with your favourite protein.



AVAILABILITY

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

PACK

12 x 4.4oz | 12 x 125gram

VARIETY

Takaka Green | K2D4 | Marju Red



NB: Label not to scale.



GROWING REGIONS
Bay of Plenty

KiwiBerry are a nutritional powerhouse and are considered a super fruit. Containing almost 20 essential nutrients and a range of vitamins, they are the most nutrient dense of all the major fruits, providing an amazing range of health benefits.

With five times the vitamin C of an Orange they are nature's immune boosting defence, and help to repair the body and enhance cell growth. They are rich in antioxidants which are known to reduce the risk of cardiovascular disease, cancer and help to slow the aging process.



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