



Golden Kiwi

#B4922 | 30/Cnt

Overview:

Gold Kiwi's are similar to their close relative's, Green Kiwi's, but there are a few noticeable differences. Gold Kiwis are slightly bigger, sweeter, less tangy, and have hairless skin. Its flavor could be described as a mixture of strawberries, mangoes, and pineapples!

History:

Gold Kiwi's are descendants of a Kiwi variety native to China. Growers in New Zealand created today's Gold Kiwi by crossing Chinese and other Green varieties.

Growing Region:

Gold Kiwi's are primarily grown in New Zealand due to the region's ideal conditions, including plenty of sunshine, rain, and fertile soil.

Nutrition:

Gold Kiwi's are not only delicious, they are also highly nutritious! Each Kiwi fruit contains more Vitamin C than an orange and as much potassium as a banana! Additionally, Kiwi are high in fiber, vitamin E, magnesium, folate, and calcium.

Preparation:



Gold Kiwi's are very easy to prepare. The skin is fully edible, so you can eat this just like an apple. Another common way to eat them is to cut them in half and scoop the flesh out with a spoon. Otherwise, you can skin or leave the skin on, and slice or dice as needed. Kiwis are also a great addition to salads, fruit bowls, smoothies, and more!





Specialty Cauliflower

#RJ624 Orange Cauliflower 12/Cnt

#AV278 Purple Cauliflower 12/Cnt

Overview:

Cauliflower is a common vegetable that belongs in the genus 'Brassica', which includes broccoli, Brussel sprouts, cabbage, collard greens and kale. When asked about cauliflower, most people think of white "curd" (the edible part), but there are also orange and purple varieties available!

The orange color comes from carotenoids, which is a fat soluble pigment found in carrots, squash, autumn leaves, as well as other yellow fruits and vegetables. On the other hand, the purple color comes from anthocyanin, a naturally occurring phytochemical that is also found in red, blue or purple fruits and vegetables.

History:

Cauliflower originated in Asia Minor around 2,500 years ago from an ancient species of the Brassicas family! It is thought that a genetic mutation of a broccoli strain allowed cauliflower to develop its edible "curd."

Growing Region:

In modern day, cauliflower is grown in most areas of the world, but it does best in conditions that are cool, with rich, well-drained soils. Some of the most common areas for cauliflower to be grown within the US include California, Arizona, New York, Washington and Texas.

Nutrition:

Cauliflower is extremely nutritious and provides many health benefits. Cauliflower is high in the vitamins C and K, which supports bone growth and heart health. It is also a good source of folate which supports cell growth.

Preparation:



Cauliflower is versatile and easy to prepare, it can be eaten raw or cooked by several methods. It is important to note that when cooking colored cauliflowers, certain methods are best for each to help retain color. Orange cauliflower is the easiest for retaining color, as the pigments are not water soluble or sensitive to heat. With purple varieties, the anthocyanins will leach out in water, making the final product dull. The best way to retain color in purple varieties is by using a dry heat, such as roasting, grilling, or sautéing.

