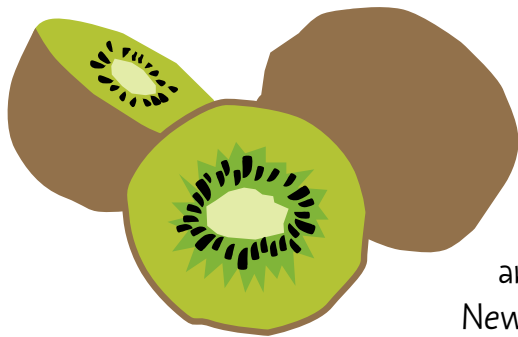


Fresh Story: Kiwifruit

Get to Know Your Fruits and Vegetables

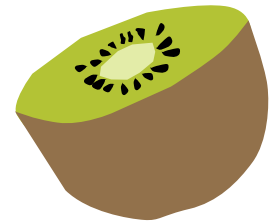
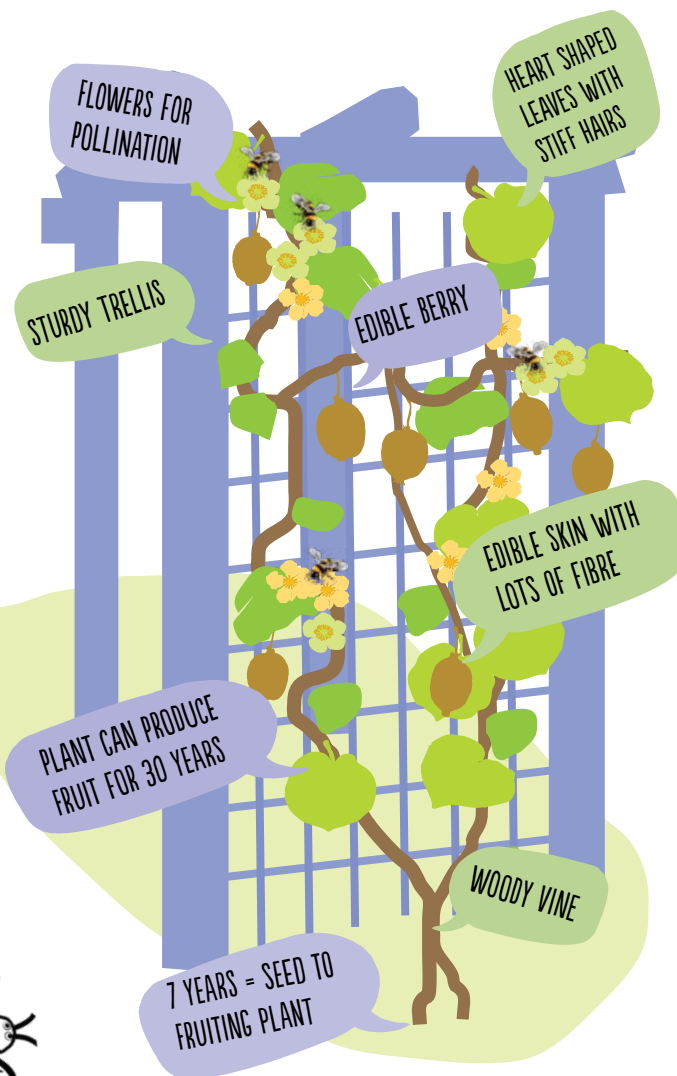


Kiwifruit made a roundabout trip to get to BC farmers.

Many years ago, visitors to China enjoyed this unusual wild-growing fruit so much that they took seeds and plant cuttings back home to England and New Zealand. They called this new fruit, **Chinese**

Gooseberry. The new fruit thrived in New Zealand's sunny climate. In a short time lots of New Zealand farmers planted orchards of kiwifruit vines and it became the country's largest crop.

New Zealand farmers soon began exporting their kiwifruit to other countries, including Canada. A farmer on the southern tip of Vancouver Island thought, "I can try growing this exotic fruit here on my farm". It turns out that southern BC's cool, rainy winters are just right for growing kiwifruit. It's the only place in Canada though, and if the temperature drops lower than -18°C it's goodbye kiwifruit crop. Thanks to that first farmer, who tried growing a new crop, we can enjoy kiwifruit grown right here in BC.



Kia or!

(good day' in Maori, the language of the New Zealand indigenous people)

The egg-shaped fruit you're snacking on today is really a berry, a hairy berry. Take a bite, there's a delicious emerald treat hiding inside that fuzzy brown skin. Kiwifruit are packed with vitamin C and fibre.

What's fuzzy and brown, has no tail, and can't fly? A kiwi bird and a kiwifruit! They look so alike that New Zealand growers named the little fruit after their funny-looking national bird.

Putting Together the Snack Puzzle

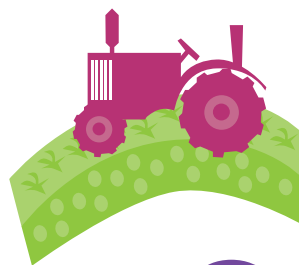
The kiwifruit you are snacking on today was grown on a farm in Abbotsford in the Fraser Valley. To get his fruit to you the grower didn't just hop on his truck and drop it off at every school. There are too many schools, and BC is a big province with people spread out all over. He had lots of help.

Think of how a jigsaw puzzle is made up of many pieces. Imagine growers, schools, delivery trucks, and more, are each pieces of a puzzle working together. Putting all the puzzle pieces together is what it's like getting fresh snacks delivered to schools on the **BC SFVNP** (that's short for BC School Fruit & Vegetable Nutritional Program).

Schools in remote areas get fresh supplies delivered by **small planes** and **commercial barges**.



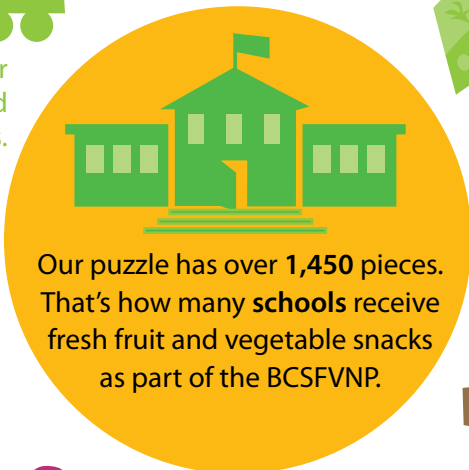
Transport truck drivers deliver fresh produce to warehouses and grocery stores.



Growers are the first piece of the puzzle.



Schools on islands receive their fresh produce by **ferry**.



Our puzzle has over **1,450** pieces. That's how many **schools** receive fresh fruit and vegetable snacks as part of the BCSFVNP.



Many community **grocery stores** supply us with fresh fruit and vegetables.



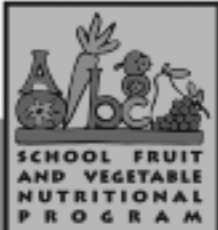
From the farm, next stop is the **warehouse or processor** for sorting, packing and cold storage.

Our puzzle wouldn't be complete without **students** and **school volunteers** to help organize and distribute our fresh fruit and vegetables in every school.

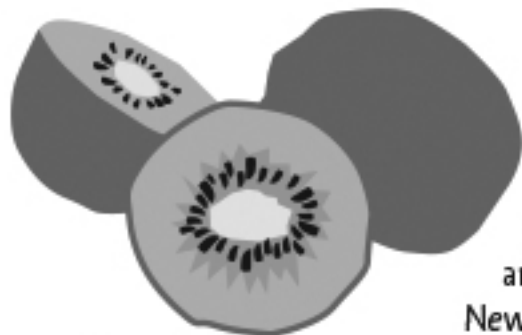


A team of **volunteer and professional drivers** deliver produce to schools from local grocery stores, trading posts, or marinas.

Think about where your school is located. Which pieces of the puzzle did it take to get your kiwifruit snack to your school today?



The Scoop on this Week's Snack!



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Healthy FamiliesBC

BC Agriculture in the Classroom