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Is kiwi een citrus vrucht

Posted on July 8 2018 by Monique van der Vloed 16 Comments We started to find it so commonplace: kiwi. But this is a very special fruit. And we don't know everything about the health effects. Because they're almost unthidable. Did you know, for example, that you can only eat skin, and this is even a very healthy idea? Really get to know kiwi and eat it with different eyes! ☺

WHAT IS KIWI? We all know what kiwi looks like and that there are two types: green kiwi, and Zespri kiwi (yellow). More on that later. Many people also know that kiwis come from New Zealand. Kiwis do come from New Zealand, but also from Italy, but their origin is in ... Chinese! Officially, kiwis are called Chinese goose berries. Kiwis are mainly grown in New Zealand. They look like New Zealand kiwi birds, Americans have come to call kiwi fruit and the name is now fully accepted around the world. Kiwis are characterized by their rather hairy skin, beautiful green meat and a beautiful seed list in the middle. They are sold immature to ripen in fruit bowls for several days. Once the kiwis have softened, they ripen. You can even keep immature kiwi in the fridge for about three weeks. Kiwi tastes deliciously sweet. They contain an average of 7 grams of fruit sugar per 100 grams, which is relatively low compared to other exotic fruits. It's more fun for blood sugar levels, but diabetes should also eat a moderate amount of kiwi. Green zespri, because green kiwi is labeled, is available all year round. Zespri has kiwi plantations in the northern and southern hemispheres. From May to November our kiwis come from New Zealand, from December to May from Italy, France and Greece. Another name for Zespri Green is HAYWARD. Since 2000 we have found golden kiwi in Dutch supermarkets. Zespri Gold was created by breeding. In terms of healthy properties, this Gold variant is slightly healthier than the green one. Zespri kiwi is slightly sweeter than green, and has smoother skin. Zespri comes from May to October from Not New Zealand, and from November to January from France and Italy. Zespri has a fig-like shape. We know kiwi is a real vitamin C bomb. It is very often violated in many articles on the internet. But kiwis have much more special healthy benefits. I'm going to highlight this... PEPTIDE KISSPER Kiwis contain peptide kissers. This peptide protects against inflammation. VITAMIN C When you wake up, you've racked up in your RDA vitamin C. It's amazing for fruit. Research has also shown that in kiwi can provide a beneficial effect in case of respiratory problems. In combination with citrus fruits, this effect becomes stronger. LUTEINE AND ZEAXANTHIN Both keep our eyesight sharp, give our eyes a boost and say for general eye health. They are dyes that fall under the carotene. These substances act on the eyes as antioxidants, protecting them from harmful influences, among others, SOLAR UV radiation ACTINIDINE These substances are in kiwi meat and significantly improve our digestion. People with digestive problems would do well to eat two kiwis every day. Potassium Kiwi is very rich in potassium. As a result, kiwis contribute to maintaining proper blood pressure. Potassium is not the only blood pressure-lowering mineral in kiwi, as it also contains magnesium. Magnesium can dilate blood vessels, which can also cause blood pressure to drop. RICH IN ANTIOXIDANTS While we think oranges are full of vitamin C and antioxidants, research shows that winning kiwi oranges involves vitamin C and antioxidants. Antioxidants can slow down the aging process. (source: wikipedia) Almost no one knows that you can eat kiwi skin. In fact, this skin contains a lot of fiber. It has an excellent effect on bowel movements but also gives us a feeling of saturation. In that case, kiwi is the perfect fruit to consume (with skin) as a support during weight loss. Seems a little crazy, eating a hairy shell like that. But after eating twice, this is already common. I just cut my ass hard at the end. The rest of the kiwis are running full. Do you think the six-shot green is a little too hairy? Then choose zespri GOLD, which has smooth skin. Consuming kiwi with skin has a beneficial effect on blood sugar levels thanks to fiber. So if you eat the whole package together, blood sugar levels remain many times more stable. If you suffer from many fluctuations, then it is definitely advisable to eat kiwi with skin. If you eat your kiwifruit with skin, choose (unsprayed) organic kiwifruit. In addition to green and yellow Zespri, we sometimes find organic green kiwi, organic kiwi, in supermarkets. In organic stores you will also find unpruned kiwis. Fortunately, kiwis are not sprayed with pesticides very hard. They are included in the list of clean fruit types This list shows the 15 least sprayed fruits, and the Kiwis are seventh on this list. They are also included in legal and regulatory standards. If you buy unlamed kiwi, store it in the fridge vegetable drawer. There you keep them well on average for up to about three weeks. Make sure you love other fruits. Many fruits (e.g. peaches, bananas, apples) produce a lot of ethylene. It is a substance that accelerates maturation. Kiwis are quite sensitive to this and can break it faster. If you want to speed up the maturation process, you can put the kiwi in a paper bag along with bananas, apples or pears, and store them in a fruit bowl from the sun. (source: Nutrition Centre) Well... many people seem to think it's quite an art to eat kiwi. I have no problem with that because I just cut the ends and can cut the rest into slices or pieces. I'll be done in less than 60 seconds. Now there are many videos on You Tube, which explain how to get rid of kiwis as soon as possible. This method works most quickly in my opinion: 1) Cut the kiwi lengthwise in half, cut it into small pieces at one bottom. 2) Take a glass. Take half a kiwi in your right hand and skin a glass with your left hand. 3) Place half vertically on the glass, exactly where the skin turns into flesh. 4) Press the kiwi halfway down. You just kiwi straight from his skin. You can also scoop the kiwi out. Cut the kiwi in half and spoon into the skin. Well, what's not? Since kiwi as a whole is edible, you can use it versatile. As a snack, by the smoothie (do not cut the skin again!!!!!!) cut the cube with salad, freezing as ice cream, or as an ice cube in the drink, as a sweetener by roasting (with peeled puree) by dessert, as a sweet note in a spicy dish, in short, the possibilities are endless. Need inspiration? CLICK HERE Two kiwis a day with your skin may become much more enthusiastic about regular kiwis and want to run straight to the (organic) store to store them. GOOD IDEA! But make sure you eat an average of two kiwis with skin a day. Only then can you fully benefit from the healthy benefits mentioned above. For example, process them in slices throughout your diet in a day. Think of slices of kiwi through your porridge or oats overnight in the morning, with salad or bread in the afternoon, in between eating a few slices, and eating a cube at dinner with hot food. Classification of Rich Kiwi Taxonomy: Plantae (Plant) Tribe: Embryophyta (Land Plant) Class: Spermatoptida (Seed Plant) Clade: Covered Seeds Clade: new! Lobigen Clade two seeds: Asteriden Order: Ericales Familie: Actinidiaceae Geslacht: xage: Actinidia Kind Actinidia chinensis Planck. (1847) Image copyright Wikimedia Commons Portal Biology The two-hearted flower 'Soreli' Kiwi or Chinese goose berry (Actinidia chinensis) is an edible fruit from a fast-growing swing climbing plant. Ordinary kiwifruit usually oval in shape, it has bright flesh with a white core and a ring of black seeds around this core. Kiwi slices are often used as a garnish of cake decorations, salads and the like, but the fruit can also be eaten whole (with or without skin). Kiwi's nutritional value is very nutritious. It contains more vitamin C (1 kiwi = 166% daily necessity) than many other fruits and is a good source of potassium. Kiwis also contain cholesterol-lowering pectin, amino acids, beta-carotene, folic acid, magnesium, copper, zinc, phosphorus, manganese, vitamin A and are a low-fat source of vitamin E. They also contain carbohydrates, proteins and very little fat. Kiwi cannot be eaten with dairy products, since the enzyme actinidine breaks down proteins and gives it a whole bitter taste. This same enzyme also breaks down gelatin. It can be used in the marinade, since it already digests the meat somewhat and makes it more tender. Enzymes disappear by radiating kiwi. Originally, kiwis came from China, where the fruit has been known for centuries. In 1906, Mary Isabel Fraser brought some seeds to New Zealand. Of the plants grown from these seeds, some New Zealand gardeners choose the first varieties. The name was a Chinese goose at the time. It wasn't until 1959[1], when kiwis became an important export for New Zealand that it was renamed the famous home rattan: kiwi in the context of international marketing. It also involves the appearance of a fruit that is brown, fluffy and egg-shaped, reminiscent of the same brown and egg-shaped bird. [2] During the summer, 75% of all kiwis are still from New Zealand. [source?] It is also widely grown in the US states of California and Chile, Italy and France as well as exporting fruit. Due to the harvest countries in different periods and due to the possibility of good storage, kiwis are available throughout the year. Photos (taken in Belgium) of kiwi plants, male flowers (can also be white) and young fruit Global production Top producers of kiwifruit 2018[3] Land Production (tons) China 2,035,158 Italy 562,188 New Zealand 414,261 Iran 266.5 3 Greece 265,280 Chile 230,267 Turkey 61,920 France 53,201 United States 34,290 Portugal 34,057 Kiwi kiwi trade and consumption is an easy-to-trade product: it can stay cool for months without losing taste and vitamins. The more ripe the kiwi, the easier it is to eat. They are often offered immature, but then the taste is sour and the aftertaste is unpleasant. The seeds can also leave an 'iron flavor' on the teeth. Kiwis can be left to ripen at room temperature at home, not in direct sunlight and not too close to other fruits. A Kiwis are a little impressive. Kiwi can be peeled or halved and spooned for consumption. In addition, kiwi can also be eaten with skin. Kiwi cultivation thrives in temperate climates just like New Zealand does. In a two-cry breed, one male plant can pollinate up to eight female plants well. Pollination occurs mainly through insects. Most varieties are not entirely strong in the Dutch climate. Especially for young plants, protection against severe frost is necessary. After that, violence is usually enough, although in severe winters damage can occur. Kiwis are swing climbing plants and growing very strongly. Plants are planted at a very wide distance (8gt; 6 m) apart and should be guided to walls, fences or pergola. In commercial cultivation, various constructions are used specifically for this purpose. Pruning is required every year to prevent plants from growing too fast and forming some fruits. It takes 3 to 5 years after planting before the fruit is formed. After that, with proper care, you can harvest generously every year. Fruits hang on plants long before they ripen. They are usually selected immaturity for better storage and transportation. In the Netherlands, with a few exceptions, it is impossible to allow the fruit to ripen on plants. To get the fruits ripe, the kiwi is picked as soon as possible (sedanjung may be before the night snow falls in October/November) and then placed together with ripe apples or bananas on a plate and packed in bags (plastic). The bag is placed in a dark place with room temperature. It takes about a week to rian the kiwifruit, due to the formation of ethylene gas by apples and bananas. Another way to get ripe fruits in the Netherlands is to leave the fruit hanging on the plant until, after the first frost, it has lost its leaves; in this way, ripe kiwis can be picked until January. Varieties of Kiwi flowers in Iran Kiwi have traditionally been considered a species of Actinidia chinensis. Recently, however, scientific differences have been made between the species Actinidia deliciosa and Actinidia chinensis. In addition to these two species, there are other Actinidia varieties that provide edible fruits. Of these, mini-kiwis (Actinidia arguta) are best known. Varieties with bright green meat and hairy skin belong to the species Actinidia deliciosa. The branches and leaves of plants are also hairy. The most commercially grown varieties currently belong (since) when?) to this species. They are genetically hexaploid (2n = 6x = 174). For this type of Actinidia chinensis, with barely hairless fruit skins and barely hairy branches and leaves. The color of the meat varies from yellow to light green and is red around the core in several varieties. They are genetically diploid or tetraploid (2n = 2x = 58 or 2n = 4x = 116). Almost all kiwi races are two-weeping. Therefore male and female flowers are common on different plants. As a result, at least one male plant and one female plant must be planted to get fruit. In the flowers of male plants, stone threads are well developed and pests are underdeveloped. In the case of female plants, the opposite is the problem: in the flowers of well-developed pests and retarded stone threads. There are also several known races of one cry (two escious). Both yarn and pests have been developed in flowers. In the case of single-haired varieties, only one plant needs to be planted to get fruit. Female varieties (Actinidia deliciosa) The production of the green kiwifruit world is almost entirely dominated by the Hayward breed, which is considered a species of Actinidia deliciosa. Hayward was selected in the early 20th century from the first material introduced in New Zealand. After New Zealand's efforts led to a global breakthrough in the kiwi, Hayward became a market leader due to the good nature of the fruits, namely good fruit size, good sustainability, good carrying capacity and good taste. However, for farmers, this variety has a number of adverse characteristics compared to other varieties, namely, the time of final maturation. It takes a little longer for the plant to come to production and once the plant is in total production the yield remains somewhat lower than with other varieties. Hayward is actually overdue for outdoor cultivation in the Netherlands. In Japan, Koryoku cultivars are the most popular. Koryoku is a Japanese choice derived from seedlings by Hayward. The fruits ripen earlier than Hayward and have a high sugar content. The race of Allison, Abbott, Bruno and Monty, who was chosen also in New Zealand from the first material introduced, played by Hayward's success in international trade no longer a role. However, these varieties can still be interesting for cultivation in private gardens, since they ripened beforehand. From Switzerland comes the kind of stella that would be a variant of Abbott's hardy. Subsequent efforts in New Zealand (again introducing fresh ingredients from China), as well as efforts in other countries (including Italy, Japan and the US) have not led to Hayward having to give up his first position. In China itself, new choices have also been made from in the wild Materials. The most famous of these is the Qinmei Breed chosen from the Qinling Shan. Qinmei is currently (since) when?) widely grown in China. However, no new Chinese varieties play an international role. In Italy, mutant buttons from Hayward were created with barely fine-haired fruits. It was introduced under the name Top Star. The plant grows much stronger than its mother breed Hayward and therefore requires less pruning in the summer. These mutants have not broken through until now (since) when?) In Italy, another mutant from Hayward was born that matured 30 to 45 days earlier than the maternal breed but instead had the same characteristics. This variety officially bears the name Convi 97001, but is marketed under the brand name green light. It is possible that this mutant fruit could become ripe on plants in Dutch conditions. Two-hearted varieties (Actinidia deliciosa) For private gardens, sometimes one-weeping varieties (two-thou) are offered, such as Jenny (also called Boskoop) and Solo. In the flowers of these varieties, both threads and pests have been developed. As a result, female and male plants no longer need to be planted to get fruit. All these one-race cries give smaller fruits. If the one-year variety is pollinate by a pure male breed, the size of the fruit can increase. However, its size remains smaller than that of a purebred female. It is not excluded that breeding will in the future lead to a single-race market that bears great fruit. Today, planting a pure breed of females of the same breed of flowering males is more recommended, provided that space allows it naturally. Female breeds (Actinidia chinensis) Meanwhile, New Zealand has introduced the Hort-16A of this breed. The variety is marketed under the brand name Zespri Gold (at the same time, the Hayward variety has been renamed Zespri Green). Hort 16-A is a diploid variety considered an Actinidia chinensis species, making it the first commercial variety to be considered a species. This variety has almost fine brown fruits with yellowish meat and sweetness. Because the fruits are slightly negotiated, they have a special shape and a high value of recognition for consumers. Hort-16A enjoys legal protection and can only be grown by farmers who belong to the marketing organization Zespri. This was an attempt to prevent other countries from copying the success as happened to Hayward at the time. Although Hort-16A has been found to be more susceptible to damage caused by transportation, the variety has been damaged by its good taste and high recognition value. In addition, this variety has a higher yield Hayward. Many New Zealand Hayward estates have now switched to Hort-16A by way of omenten. There are several other female kiwi breeds belonging to the species Actinidia chinensis, such as: Lushanxiang (yellow meat), Queen Yellow (yellow meat), Sanuki Gold (yellow meat), Kumi (green meat), Rainbow Red (light green meat with red rings around the core), Hongyang (light green meat with red rings around the core), Kosen (green meat with red rings around the core). These varieties are often known by different local names, which can cause a lot of confusion. None of these varieties at this time (since) when?) serious commercial significance. Female varieties (species crossing) In Japan, sanryoku female varieties are planted. It comes from a species cross between Actinidia deliciosa and Actinidia chinensis. The Shinzan species comes from a species that crosses between Actinidia arguta (mini-kiwi) and Actinidia deliciosa. The Kosui variety is often claimed to be a species that crosses between Actinidia arguta (mini-kiwi) and Actinidia deliciosa, but scientific research has shown that this is most likely not true. Kosui is probably a species that crosses between Actinidia rufo and Actinidia chinensis. As far as is known, none of these crossing species are available on the European market. Male varieties The female kiwi breed must be pollinate by the male breed before fruting. The male breed is subject to a number of requirements. For example, male varieties should bloom with pleasure, flowers should provide a lot of pollen, pollen should be of good quality and the flowering period should cover during the period as possible. After all, with a long flowering period, the probability of overlap with the breed of females being pollination is the highest. Different male breeds have been selected for different female breeds and for various local conditions. Some male breeds are: Matua, Tomuri, Atlas and Autari. Matua and Tomuri are among the classic New Zealand varieties chosen from the first ingredients introduced. Matua with her former blooms devoted to the previously flowering female breeds of Bruno, Allison and Abbott. Tomuri then evolved and was intended for female varieties that later flowered Hayward and Monty. Tomuri is known to be less flowery. Autari is an Italian breed chosen for pollination of haywards for local conditions. The male breed above all belongs to Actinidia deliciosa, but it is also suitable for pollinating female varieties of the species Actinidia chinensis and Actinidia arguta (mini-kiwi). For the hort-16A pollination, New Zealand the species used of the species Actinidia chinensis, since Hort 16A blooms very early and overlaps with the flowering period of this breed of males. Actinidia arguta (mini-kiwi) also has male breeds whose advantage is that they are very strong, but they produce less pollen than the actinidia deliciosa male breeds. It is also possible to pollinate female breeds with one-cious varieties (two esque). It has the advantage that pollen carrier plants will also bear fruit (small). However, most single breeds provide poorer quality pollen, which means that pollination through specially selected male breeds will produce much better results. External links Kiwi (Actinidia deliciosa) in SoortenBank.nl (based on Heukels23, this is a penultimate edition) Media files See kiwifruits wikimedia Commons category for media files on this topic. Sources, notes, and/or references 1 Over Zespri: history, Zespri 1 (and) Student Book of Reading Comprehension G Level (4c), Materials Made by Teachers, 2006, p. 93 1 Food and Agriculture Organization of The United Nations Acquired from

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