

# KIWI

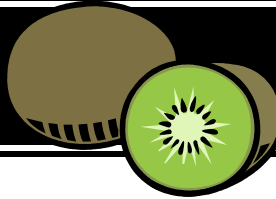
**Growing kiwifruit can be an easy, exciting adventure with an abundant, delicious reward. Upon embarking on this adventure, one must plan ahead for a sturdy support system and be willing to do some annual pruning.**

**FRUIT:** There are two main types of kiwi. *Actinidia arguta*, the **hardy kiwi**, and *Actinidia deliciosa*, the **fuzzy kiwi**. In general, both types require two plants, a male and a female, for pollination. Both plants produce flowers, but only the female will produce fruit. To ensure fruit production, plant a male and a female of the same species. There are self-fertile varieties of each species which yield smaller fruits. *A. arguta* has small, smooth skinned fruit and can withstand -25° F. Fruits of the hardy kiwi can ripen on the vine in late fall. *A. deliciosa* has larger, brown, fuzzy fruits and can withstand 10-15° F (they can survive 0° F with freezing damage). The fruit does not ripen on the vine in our climate and should be harvested after the first hard frost in Nov. or Dec. and ripened in cool storage. There is also a third type, the **Arctic Kiwi**, *A. kolomikta*, which produces small, smooth skinned fruit and can withstand -40° F.

**CARE:** The first years of establishing a strong root system are critical for success. Three important elements include warm soil, soil nutrients and ample water. A site that is full sun with well drained soil is best for *arguta* and *deliciosa* varieties. In addition, kiwi vines are brittle so they should be kept out of strong winds.

Vines should be planted 10 feet apart or trained to grow in opposite directions. The male and female plants can be a maximum of 35 feet apart for pollination. The flowers are pollinated by bees, yet they do not offer nectar for attraction. Therefore, it is best to cut competing flowers around the vines when kiwis are in bloom.

Kiwis require an annual fertilizing and pruning. Organic fertilizers can be added in one helping in the spring. Synthetic fertilizers (i.e. 16-16-16) should be added in April, May and June, at the rate of 3 ounces each month. Pruning is best done in January when the vines are dormant. They should never be pruned from mid February through April because they are actively growing and will bleed sap. Kiwi are trained and pruned in the same manner as grapes. Please refer to additional handout for support systems and detailed pruning instruction.



# KIWI

## *Hardy Kiwi*

<b>A. ARGUTA</b> <b>FEMALE</b>	Smooth, thin skinned, 1” lime green fruit. No peeling, very sweet. Keeps 2-3 months. Hardy to -25°. <b>Requires male.</b>
<b>ISSAI</b>	Self fertile! Oblong fruit up to 1.75 inches long, smooth, thin skin, sweet flesh. Keeps a week in refrigerator. Begins producing the second year. Hardy to -25 F.
<b>MALE</b>	<b>Required for pollinating female vines.</b> Only one male is needed for up to eight females!

## *Fuzzy Kiwi*

<b>A. DELICIOSA</b> <b>ABBOTT</b>	Medium, oblong fruit with good flavor. Early flowering with heavy yields. Prefers good drainage. <b>Requires male.</b>
<b>BLAKE</b>	Self fertile! Small to medium fruit that ends in a point. Yield improved with pollinator. Ripens six weeks before Hayward.
<b>HAYWARD</b> <b>FEMALE</b>	Standard commercial variety. Large three inch fruits with strawberry-like texture and tart flavor. Hardy to -10° F. <b>Requires male.</b>
<b>HAYWARD</b> <b>MALE</b>	<b>Required for pollinating female varieties.</b> Only one male is needed for up to eight females!
<b>MALE</b>	<b>Required for pollinating female varieties.</b> Only one male is needed for up to eight females!
<b>SAANICHTON</b>	Large, lime-green fruit with bright red fuzz that stores well in refrigeration, Saanichton is a vigorous, early fruiting variety hardy to 10°F. <b>Requires male.</b>
<b>VINCENT</b>	Similar to Hayward but requires less chilling to produce fruit. Better fruit size if thinned at bloom. <b>Requires male.</b>

## *Arctic Beauty*

<b>FEMALE</b>	Beautiful white, green, pink foliage. Fruits are grape size with smooth, green skin. Delicious, sweet flavor. Needs afternoon shade. Ripens around October. Hardy to -25°F.
<b>MALE</b>	Very ornamental, heart-shaped leaves splashed with hot pink and cream. Wow! Best coloring in part sun. <b>Required for pollinating female varieties.</b>
<b>PASHA (Male)</b>	Extraordinarily colorful heart-shaped leaves splashed with hot pink and cream. Wow! Best coloring in part sun. <b>Required for pollinating female varieties.</b>
<b>‘SEPTEMBER SUN’</b>	Beautiful white, green, pink foliage. Fruits are grape-sized with smooth, green skin. Delicious, sweet flavor. Needs afternoon shade. Ripens around October. Hardy to -45°F.