PLANT FACT SHEET

Actinidia arguta (Siebold & Zucc.) Planchon ex Miq.

GENUS *Actinidia* **FAMILY** Actinidiaceae

COMMON NAMES Hardy Kiwi

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves, Sap, Vegetable

The sap of the vine can be tapped and drunk in the spring.
The fruit are eaten raw or cooked. They can be eaten whole without peeling.
The dried leaves are used for seasoning vegetable dishes.

DESCRIPTION

A vine up to 15-20 m long. It loses its leaves during the year. Leaves are elongated or heart-shaped and 5-13 cm long. They are light green and have toothed edges. They are attached to the stem by red petioles. The leaves turn rich golden colour in autumn. The fruit are green and 2-3 cm long. The skin is green. It has few hairs. Male and female plants are borne on separate plants. Both are needed for fruit production. Flowers are about 1 cm across. Fruit are dull green and lime-green flesh. They are edible.

HABITAT

A temperate plant. It needs 150 frost free days. During the dormant period is can withstand heavy frosts. All selections need a chilling requirement to flower and fruit. They prefer a sunny position. It needs protection from strong winds. They need a well drained somewhat acid (pH 5-6.5) soil. The plants will not tolerate salty soils. They need plenty of water during the growing season. It occurs naturally climbing up trees in woodland at elevations of 100 - 2000 metres in China and Japan. It suits hardiness zones 4-9. In Sichuan and Yunnan.

PRODUCTION

Cultivation

The plants need a trellis to climb over. Plants benefit from being well mulched but mulch should not touch the vine. Winter pruning is important. Cuttings can be used. Soft wood cuttings are used.

Harvesting and Seed Production

Fruit are produced on second year wood and on fruit spurs on older wood. Plants produce fruit after 4 years on grafted vines. They are best ripened on the vine but have shorter shelf life.

NOTES

The fruit contains up to 5 times the vitamin C content of blackcurrants. There are 62 Actinidia species. The Actinidiaceae are a mainly tropical family.

PICTURES



Credit: Food Plants International (Bruce French)



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