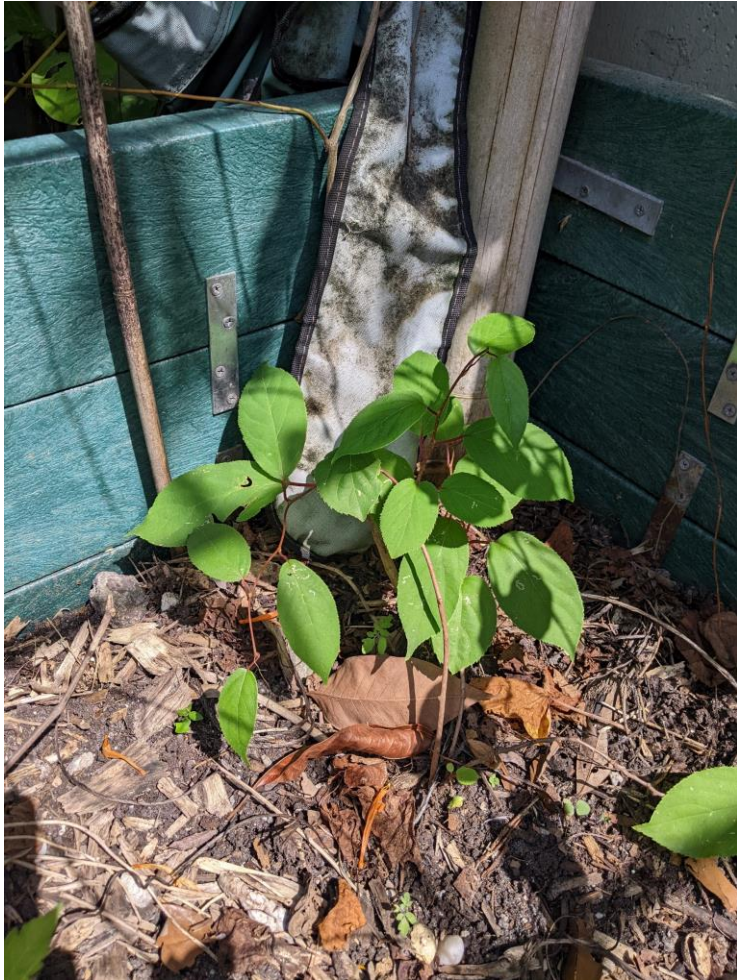


# Hardy Kiwi Vine

*Actinidia arguta*



**When to plant:** Spring

**When to Harvest:** Fall, just before it is ripe

**Uses in medicine:** Eating kiwis relieves abdominal pain, diarrhea, and constipation. It is high in Vitamin C and increases the absorption of iron.

**Uses in cooking:** Can be eaten raw!