

'Arctic Beauty' Kiwi

Care Upon Arrival

To ensure fruit production, you will receive one male and one female plant. Open the packaging and check to make sure the roots feel moist. If they seem dry, sprinkle some water in the bag to moisten them. **Do not let the roots dry out at any time before or during planting.**

The male plant will be marked with blue tape and the female with red. If for any reason a plant should expire and need replacing, it is best to leave the tape on so that the plant can be properly identified.

If you are not going to plant right away, soak the roots in a bucket of tepid water for up to 24 hours (no longer!). Remove the plants from the water, wrap the roots in damp newspaper, and place the plants in a dark cool location where the temperature is above freezing. Providing the plant is kept moist, you can delay planting for up to two weeks if necessary. However, if weather is warm, it is best to plant immediately.

If you need to delay planting for more than two weeks, then it is best to plant the kiwi temporarily in a holding bed. Cover the roots with moist soil in a trench in your garden, or cover them with moist sawdust or bark, preferably in a shady location.

Cultural Information

Kiwi is native to Asia. The hardiest varieties have a smooth skin and are from either Russia or Japan. 'Arctic Beauty' Kiwi (*Actinidia kolomikta*) is a high-yielding Russian variety that's hardy in USDA zones 3 to 9 and resistant to temperatures as low as -40 degrees F.

'Arctic Beauty' Kiwi, also known as "Kishmish" in Russian, is a fast-growing vine that needs at least 12 hours of full sun and requires trellising or an arbor for the best fruit production. The two trees together can spread to fill an area as large as 8 feet high and 20 to 30 feet wide.

The male plant has attractive foliage and is grown for its ornamental qualities as well as a pollinator for the female plant. In spring, its leaves turn a striking variegated pink, white and green. The female kiwi produces round, sweet, juicy fruit in clusters with each fruit growing to the size of a large grape. With its smooth skin (not fuzzy), this kiwi can be eaten skin and all. The vines will bear fruit one year after planting. Mature vines will live to 50 years or more.

Planting Instructions

Site Selection: Plant in a location that receives up to 12 hours of full sunlight per day. Select a warm protected location such as

along a south-facing wall or hedge where the vines will be protected from strong winds and the roots will be warm.

Kiwi vines require a strong support such as a trellis, arbor or fence usually 6 to 7 feet high. The vines may ultimately spread to 20 to 30 feet.

Soil Preparation: Kiwis need fertile soil that drains well and is high in organic content. Incorporate rotted manure or compost to help build up the organic matter and fertility of your soil.

Fertilizer: Mix a slow-release organic fertilizer (such as all-purpose fertilizer, bone meal or kelp meal) into the soil at planting time. Each spring, apply about a cup of fertilizer to the soil surface to feed the kiwis' surface roots.

Providing Support: Your kiwi plants will require a permanent support that measures approximately 20 to 30 feet long, 6 feet wide and 6 to 7 feet high. Kiwi vines should be trained along the support. The trellis suggestion shown in Fig. 1 uses a series of 4 to 5 high tensile (12½ gauge) training wires. These wires should be evenly spaced and attached to the support at both ends.

If you choose wood for your support, it should be a durable rot-resistant wood that will last many years. The legs of the structure should be anchored into the ground and, for best results, surrounded with concrete to protect the wood from rot. Any rot damage to the wood should be repaired or replaced as needed.

Support for your Kiwis will not be needed for several weeks or months, so don't delay in planting if you do not yet have a support in place.

Planting: Dig two holes 15 to 20 feet apart. Make each hole large enough to accommodate the roots without bending or crowding them. Keep the sides of the planting hole rough so the roots can spread easily. Loosen the root system carefully and prune off any broken roots.

You should be able to see a soil line around the stem which will indicate how deep each tree was planted in the nursery. Place the tree in the planting hole and fill the hole in with soil up to the soil line, firmly but gently packing it in around the roots and water well.

You will be selecting and training one primary stem per plant. Gently tie this stem to a stout post as it grows and later remove other less vigorous shoots.

Caution: Young shoots and leaves can be injured by light frosts in the first spring. Cover young plants to protect them during a frost.

Training and Pruning the Female

Plant: When the primary stem reaches the top of the support, tip it back and allow two buds near the top to grow horizontally. Train these vines along the support wires or beams by tying them loosely with string or cushioned plant ties.

Kiwis flower and bear fruit on vines that grew the previous season. In early spring, while the plants are still dormant, cut back the two horizontal canes, leaving

8 to 10 buds on each cane. These buds should produce your first fruiting spurs. Train the end buds to extend the canes further along the trellis and prune it back the following spring to 8 to 10 buds to produce more fruiting spurs. When the canes have reached the limits of the support, regular pruning can begin.

Once the vine is well established, thin unproductive canes should be pruned off. Twisted, tangled and broken canes should also be removed as well as canes that cross from one side of the plant to the other. Growth hanging to the ground should be pruned out or tied to the trellis.

Ideally, there should be 8 to 12 inches of space between each cane. As you prune your plants, you will begin to get a feel for what should stay and what should be removed.

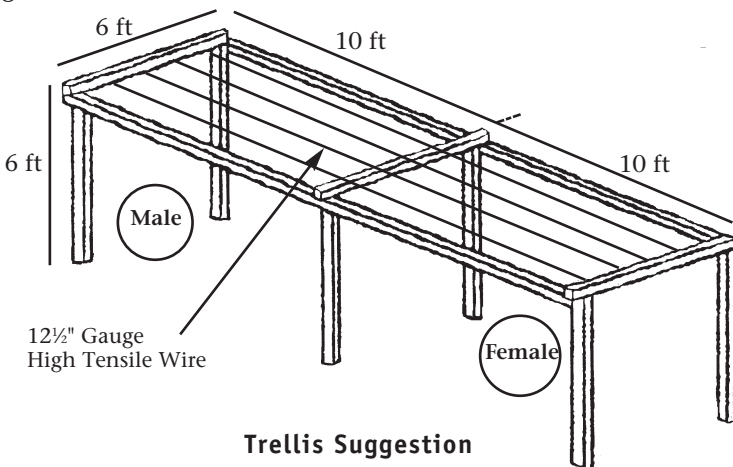
Training and Pruning the Male

Plant: Male kiwi plants are treated somewhat differently than female plants. Since these foliage plants are grown only for their foliage and pollinating properties, they require only about one fourth of the trellis space that female plants need. Males can be pruned more severely to control growth and to avoid crowding the female vine. Male kiwi plants can be pruned in summer.

Water: Because kiwis are shallow-rooted, they need regular watering during the summer. We recommend deep watering once or twice a week. Until the vines are well-established, you may need to water more frequently during periods of hot, dry or windy weather.

Reduce watering in the fall to help harden plants for the winter. Apply a 2 to 3-foot circle of mulch around the plants to help

Fig. 1



conserve moisture and suppress weed growth. Be sure to keep the mulch one to two inches away from the trunk to keep the bark dry and prevent insect damage.

Fruit and harvest: Kiwi fruit usually ripens in October. If freezing temperatures arrive before your kiwis are fully ripe, you may harvest and store hard kiwis in

the refrigerator or in a cool dry area until they soften.

'Arctic Beauty' Kiwis can be eaten fresh, skin and all. They can be used in fruit salad, fruit shakes, sorbets and frozen fruit sticks. Use kiwis to make jams and jellies, muffins and pies or, for the more adventurous, try them in dressings, salsas and grilling sauces. Enjoy!

Ordering Information

#33-385 'Arctic Beauty' Kiwi, 2 plants

#07-300 Organic All-Purpose Fertilizer (5-5-5), 5 lb

#03-250 Cushioned Plant Ties, 30' roll

To place an order, please call us or visit our web site for current prices.