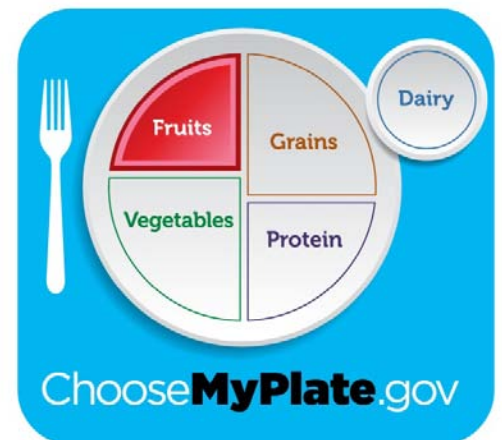


Kumquats

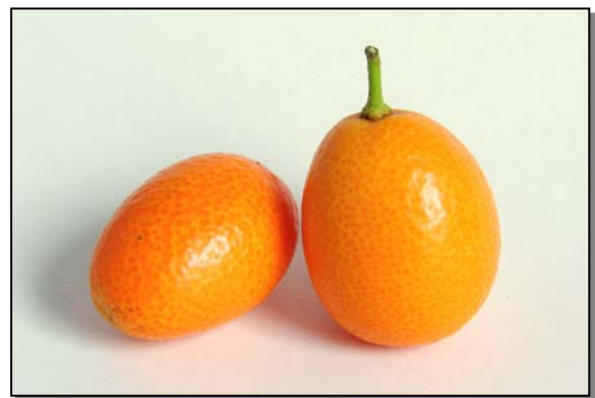
Today you will be offered kumquats. Kumquats are small, oval-shaped fruits that grow on trees. They are about the size of a large grape, and have a bright orange rind when ripe. You eat kumquats just like you eat grapes, whole with the peel. The rind tastes sweet, and the flesh inside tastes bitter. Remember to remove its tiny seeds while eating.

Try This! Gently roll your kumquat between your palms before eating. This will release the aroma and oils in the rind!

Body Benefits: Kumquats are a good source of Vitamin C, fiber and water to help you grow up strong and be healthy!



Kumquats belong to the **red Fruits** section on *MyPlate*.



University of Nevada
Cooperative Extension

The University of Nevada, Reno is an Equal Employment Opportunity/Affirmative Action employer and does not discriminate on the basis of race, color, religion, sex, age, creed, national origin, veteran status, physical or mental disability, and sexual orientation in any program or activity it operates. The University of Nevada employs only United States citizens and aliens lawfully authorized to work in the United States.