

January 23-27, 2017

Nutrition Education

OKCPS Fresh Fruits and Vegetable Program



Centennial Kumquat

..... Nature's Sour Candy

- ◆ A larger cousin of the kumquat. They look like a mini lemon with orange-yellow skin, sometimes with green stripes.
- ◆ Tart Juice and pulp with thin, sweet rind.
- ◆ Eat them whole!
- ◆ Kumquats have been grown in China since the 12th century.
- ◆ Like most citrus, centennial kumquats are a great source of vitamin C.