

# Nutrition Education

## OKCPS Fresh Fruits and Vegetable Program



### ***Kumquat***

- ◆ Kumquats are native to the South-Eastern parts of China.
- ◆ The whole fruit can be eaten, peel and all...except the stem of course!
- ◆ A mature kumquat tree can bear several hundred kumquats in one season.
- ◆ Kumquats are rich in minerals, vitamins, and antioxidants.
- ◆ One kumquat is only about 13 calories.



### ***Coconut***

- ◆ Coco palms grow well in tropical climates and require moist, sandy, well-drained soil. Tropical coastlines are great for them.
- ◆ The tree can reach more than 100 feet in height and live as long as 75 to 100 years.
- ◆ In a season, a coconut palm may yield 20-150 mature nuts.
- ◆ Coconuts are loaded with important minerals such as copper, iron, and manganese.

### ***Blood Orange***

- ◆ In ancient Greece oranges were prized as 'food from the gods' and were called golden apples.



- ◆ The two big nutrients that blood oranges have are vitamin C (helps repair tissues and fight against diseases) and Folic Acid (helps form red blood cells and protect against some cancers and heart disease).
- ◆ The red pigment is from anthocyanins, which helps fight inflammation; it also helps fight the common flu and other bugs as well as chronic diseases and cancers.