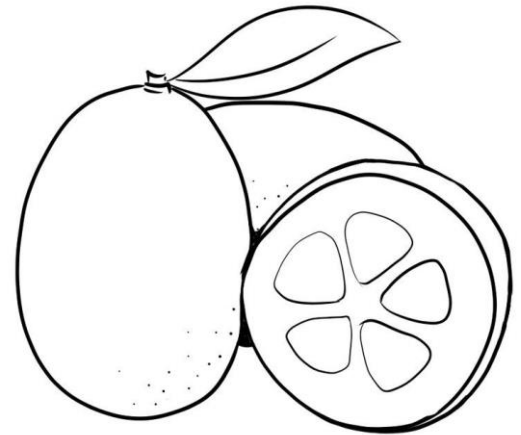


# KUMQUATS



Kumquats are a small sized evergreen tree native to South-Eastern parts of mountainous China. They are in the citrus family of fruits. Unlike in Oranges, however, they can be enjoyed with their peel.



Kumquats are a winter/spring seasonal citrus fruit.

**COLOR ME IN!**

B	K	Z	X	E	O	V	W	L	F
K	V	E	P	J	J	U	Q	I	F
U	X	S	J	I	Z	U	D	P	J
M	W	R	E	C	R	F	O	E	H
Q	J	T	C	A	I	L	Q	E	Y
U	L	F	G	B	S	T	W	L	G
A	V	A	E	I	U	O	R	G	T
T	R	A	L	G	B	J	N	U	P
U	O	R	A	N	G	E	Y	A	S
F	M	O	F	C	E	W	O	N	L

## Nutritional Information

There are about 71 calories in each Kumquat. They are an incredible source of healthy nutrients such as dietary fiber, minerals, and vitamins that contribute immensely to overall wellness. The peel is rich in many essential oils anti-oxidants, and fiber.

### FIND THESE WORDS

**Seasonal | Kumquat | Citrus**  
**Peel | Orange**