

SAISD CHILD NUTRITION SERVICES
FRESH FRUIT & VEGETABLE PROGRAM

KUMQUATS



Kumquats are native to south Asia. Kumquats can be eaten whole, straight from the tree. You eat the skin! The paper-thin skin is where the sugar lies. The flesh is sour. The seeds are small and edible. Kumquats improve skin, hair, and also reduce your chances of developing diabetes, lower your cholesterol levels, and strengthen your bones. They are a good snack and fun to eat.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER