

# FRESH PICKS®



Kids need 1-1½ servings of fruit and veggies everyday!

April: Kumquats



## Did You Know?

**Kumquats have been called “the little gold gems of the citrus family”.**

The peel is the sweetest part and can be eaten separately. The pulp contains the seeds and juice, which is sour.

**It is the only citrus fruit that can be eaten “skin and all.”**

Kumquats provide potassium and vitamins A and C. They’re also a good source of fiber.