

# KUMQUATS

Kumquats look like baby oranges but they're not considered part of the citrus family.

Kumquats can be eaten skin, seeds and all so wash them thoroughly!

These are the opposite of oranges, the peel is sweet with a sour flesh.

Eight Kumquats is about 100 calories & 10 grams of fiber.

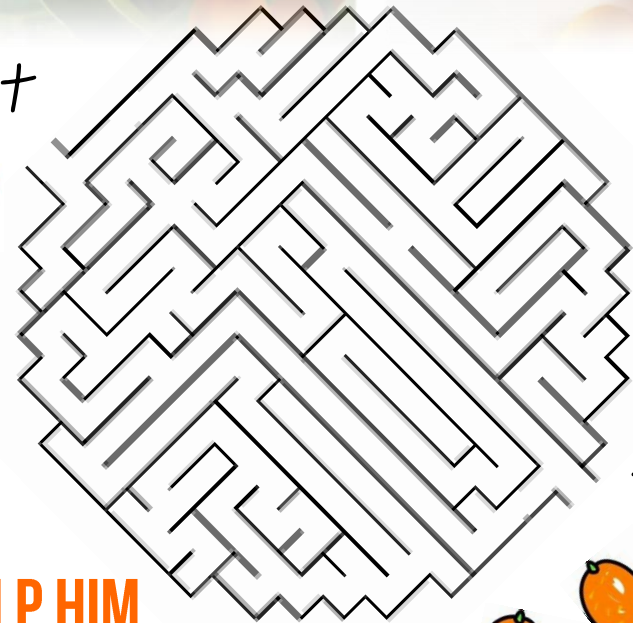
They're also full of vitamin A and C.

They grow on shrubs that have thick branches and waxy leaves.

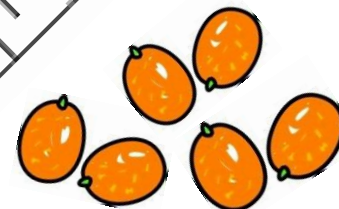
You may often see bright yellow flowers on these shrubs as well.



Start



Finish!



**HELP HIM  
FIND HIS FRIENDS!**