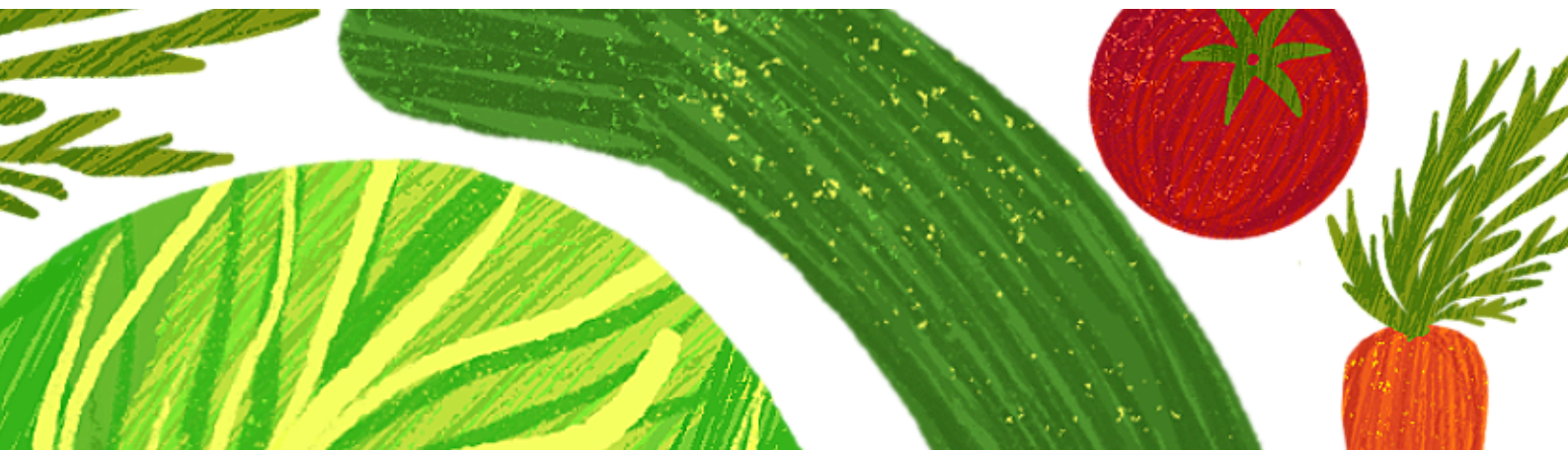




FRUIT AND VEGGIE NEWSLETTER

December Edition



IN THIS MONTH'S
ISSUE

VEGGIE OF THE MONTH

Rainbow Kale

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FRUIT OF THE MONTH

Kumquats

NEVER TRY,
NEVER KNOW!

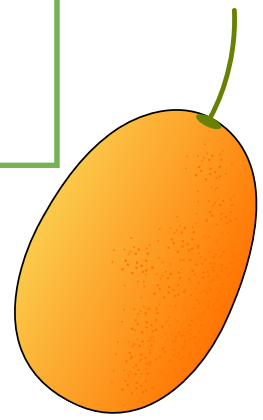
Check out the salad bar in the Cafe to try this month's fruit and veggie! If you never try, you never know!

THIS MONTH'S FUN FACT:

You can eat the kumquat peel!

Although kumquats taste just like citrus fruits (orange, tangerine, lemons), they are eaten with the peel, which is full of nutrients!

KUMQUATS



- The fiber in the peel has tannins, pectin, hemicellulose and other factors that are known to help prevent many diseases.
- Beta-carotene gives kumquats their orange color and anti-oxidant properties that help protect against diseases and infections!

HOW DO THEY GROW?

A mature kumquat tree bears several hundred olive-sized orange color fruits. November to March are ideal growing months for this fruit. Five or six varieties of kumquats grow throughout the world today.

FUN WAYS TO EAT KUMQUATS

- Eat kumquats as you would eat grapes with the peel!
- These taste best if they are gently rolled or squeezed before being eaten.
- Slice and add to a fruit salad
- Chop kumquats in place of orange or lemon in cakes or breads



RAINBOW KALE

- Rainbow kale is a cross between Redbor and Lacinato kale. It is a deep green color with a bright purple stem. When left outdoors in the winter, the kale will turn a dark purple, almost black
- Kale is a great source of vitamin C and A, and is a good source of calcium. Half cup contains 20% of daily calcium needs.

FUN WAYS TO EAT KALE

- Make into crunchy kale chips
- Add to an omelet
- Chop into a fresh salad
- Use as a pizza topping
- Add kale to smoothies
- Use in a hearty veggie soup



HOW DOES IT GROW?

- Kale likes to be grown in the cold! It is planted 4-5 weeks before the last frost in the spring, or after fall frost occurs. Kale can be harvested right up to Christmas in Northern Colorado because it is so cold tolerant. Rainbow kale is extra cold-hardy!