

U is for unqi fruit. It's also known as an Ugli fruit. Americans pronounce the name "ugly," but in Jamaica, where it is grown, its name is pronounced "HOO-gee." This lumpy-looking unqi citrus fruit has a thick greenish-orange skin that fits loosely over the fruit. It is thought to be a tangerine – grapefruit hybrid. Sweet and refreshing, it is easy to peel, relatively free of seeds, and very juicy once cut. Uniq fruit is high in fiber and loaded with vitamin C.

