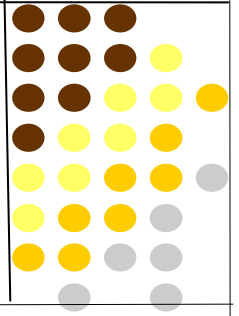


Quince



- ◆ Quinces are pear-shaped and ripen from green to golden yellow. Its skin may be covered with a woolly down or be smooth. They are related to pears, apples, plums, apricots and almonds. The flesh is slightly firmer than an apple and has a bit more tartness. Quinces are known for their strong fragrance. Each variety gives off a little different musky-wild tropical-like perfume.
- ◆ Most species are not edible when raw and must be cooked.
- ◆ They are summer and fall fruits that can be picked during peak season or left on a tree to ripen. For longer storage, wrap fruit individually in a double layer of plastic; refrigerate. Place it where it won't be bruised.
- ◆ Quinces are excellent sources of vitamin C and high in fiber.
- ◆ These fruits originated from Persia and Iran. Quince trees have been cultivated for thousands of years and ancient civilizations prized them for their taste and fragrance as well as their poetic form.
- ◆ Quince played an important role in Ancient Greek. It was offered as a wedding gift and became known as the “fruit of love and marriage”

