



KUMQUATS

- ◆ These fruits can be eaten skin and all. The peel is sweet and the pulp is sour. Roll the kumquat between your fingers this releases the oils in the rind and improves the flavor. The longer you chew the sweeter the fruit becomes.
- ◆ Eight kumquats only have 100 calories, 10 grams of fiber and 2 grams of protein. Good Source of vitamin A and C, calcium, potassium and iron.
- ◆ Kumquats originated in China, the word kumquat means “Golden Orange” in Chinese. Saint Joseph, Florida has been known as the “kumquat capital since 1895. Even though they look like a small orange they are not in the citrus family.
- ◆ In season: Late autumn to mid-winter.