Kumquat

**Nutrition:**

- Kumquats are high in vitamin C and fiber.
- Vitamin C helps your body’s immune system fight off infection and helps your body heal.
- Fiber helps control blood sugar levels, lowers cholesterol levels, and helps in achieving a healthy weight.

**Did you know?**

- Kumquats are the only citrus fruit that you can eat the peel. The peel is sweet and the fruit is sour.
- Kumquats taste best when they are gently squeezed before being eaten; this unifies the ingredients in the peel and pulp. The longer you chew the sweeter the fruit becomes!
- Kumquats are available from November to March.
- ‘Nagami’ and ‘Meiwa’ are two of the most common varieties of kumquats grown in the United States.

**More:**

- When selecting a kumquat look for a firm, smooth, and bright orange peel.
- Kumquats can be eaten alone or be made into marmalades, sauces, and jams.

Follow the link for a video that features a farm in San Diego that grows kumquats and shows how to eat them!