

KUMQUAT



ORIGIN & HISTORY

The kumquat plant is native to Southern China. The historical reference to kumquats appears in Imperial literature from at least the 12th century. They have long been cultivated in other parts of East Asia (Japan), South Asia (India), and Southeast Asia (especially the Philippines). They were introduced to Europe in 1846 by Robert Fortune, collector for the London Horticultural Society, and shortly thereafter were taken to North America.

Health Benefits:

In folk medicine in some Asian countries, the kumquat has been used to treat colds, coughs and other inflammation of the respiratory tract. Modern science shows that there are certain compounds in kumquats that support your immune system.

Kumquats are a super source of immune-supportive vitamin C. Additionally, some of the plant compounds in kumquats may also help bolster your immune system.

A pooled analysis of seven large observational studies found that people with the highest intake of beta-cryptoxanthin had a 24% lower risk of lung cancer. However, the research was not able to prove cause and effect.

How To Eat:

Kumquats are best eaten whole – unpeeled. Their sweet flavor actually comes from the peel, while their juice is tart. Once you get them home, refrigerate the fruits for up to two weeks. If you store them on your countertop, they'll only keep a few days.



Cooking With Kumquats

KUMQUAT MARMALADE

INGREDIENTS:

- 1 pound Kumquats
- 1 Meyer Lemon Juiced
- 1 ¾ cups
- Granulated Sugar
- 2 ¼ cups
- Water



Instructions

1. Slicing the kumquats: The easiest preparation is to slice the kumquats crosswise. When you get to the halfway point, you will be able to pick out the seeds with the tip of your paring knife.
2. Combine all four ingredients and bring to a boil, stirring occasionally. Keep to a medium boil for 15 minutes and lower the heat slightly to a lower bowl, if necessary, to keep cooking for another 20-30 minutes. The marmalade will still look loose at the end of the cooking time but it will thicken as it cools.
3. Transfer to jars, cool and keep refrigerated.

Full Recipe Found Here:

[Small-Batch Kumquat Marmalade Recipe | Lemons + Anchovies \(lemonsandanchovies.com\)](https://www.lemonsandanchovies.com/recipe/small-batch-kumquat-marmalade-recipe/)



Photo 1: Kumquat marmalade



Photo 2: Kumquat juice

Photo References:

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