**Harvest of the Week**

**Volume 1, Issue Kumquat**

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**Kumquat**

**Help Your Child Eat Healthy**

- Add fresh kumquat slices to fruit salads or fruit bowls. Or, just pop in your mouth for a sweet snack!
- Kumquats make excellent marmalade and preserves. Unlike other citrus fruits, which can have a bitter tasting rind or peel, kumquats rind is very sweet.
- Pureed kumquats are often used to make sauce and fruit juice concentrates, as well as jams and jellies.
- The unique flavor of the kumquat lends itself to delicious tasting desserts, too.

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**PRODUCE TIPS**

- Kumquats are the only citrus fruit that can be eaten "skin and all."
- Kumquats are best available from November through June.
- Select kumquat fruit that is firm, smooth and a brilliant orange color.
- Store at room temperature for a few days or inside the refrigerator for up to two weeks.
- Wash fresh fruits in cool water; gently pat dry with soft cloth or towel.

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**Kumquat Nutrition Facts**

- **Serving Size:** 7 pieces fruit
- **Calories:** 90
- **Calories from Fat:** 10
- **Total Fat:** 1g (2%)
- **Saturated Fat:** 0g (0%)
- **Trans Fat:** 0g
- **Cholesterol:** 0mg (0%)
- **Sodium:** 15mg (1%)
- **Total Carbohydrate:** 21g (7%)
- **Dietary Fiber:** 9g (36%)
- **Sugars:** 12g
- **Protein:** 3g
- **Vitamin A:** 8% of RDA
- **Vitamin C:** 100% of RDA
- **Calcium:** 8%
- **Iron:** 6%

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**KUMQUAT SALSA**

Makes about 2 1/2 cups

**Ingredients:**

2 cups kumquats, whole, sliced thin  
1/2 cup red onion, chopped  
1/4 cup fresh cilantro, finely chopped  
3 TBS olive oil  
1/4 tsp red pepper flakes  
Dash of cayenne pepper  
Pinch of kosher salt

**Directions:**

1. Wash and slice kumquats; chop red onion and fresh cilantro.
2. Combine all ingredients in a medium bowl.
3. Add more or less red pepper and cayenne to desired heat.
4. Refrigerate for 1 hour to allow the flavors to more fully blend. Great served with seafood or steak.

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**HealthWise**

- Encourage your child to eat school meals—an easy way to eat more fruits and vegetables everyday.
- At least once a week, let your child help you plan and make a healthy meal.
- Ask your child what he/she learned about kumquats at school.

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**Fun Facts**

You can eat the entire kumquat fruit, skin and all, like a grape. The skin is sweet, but the inside flesh is tart or sour.

KUMQUAT is Chinese for “Gold Orange” because of the color of the fruit.

Kumquats are often called “the little gold gem of the citrus family.”

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