



Harvest of the Week

Volume 1, Issue Kumquat

Health and Learning Success

Eating nutrient-rich foods such as fruits and vegetables can help children do better in school. With **Harvest of the Week** you can set a positive example and put your child on the road to health and learning success.

Let's Get Physical!

After dinner, play an outdoor game of tag, soccer or other activity.

Before bedtime, practice stretching and help your child relax.

For more physical activity ideas, visit: www.letsmove.gov or www.kidnetic.com.

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.

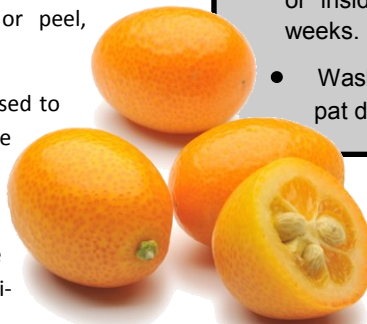
KUMQUAT is Chinese for "Gold Orange" because of the color of the fruit.

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

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.



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.

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.

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.

Source: www.simplyrecipes.com

Kumquat Nutrition Facts	
Serving Size	7 pieces fruit
Calories 90	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 15mg	1%
Total Carbohydrate 21g	7%
Dietary Fiber 9g	36%
Sugars 12g	
Protein 3g	
Vitamin A 8%	Vitamin C 100%
Calcium 8%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet.	