



GOLDEN GEMS

kumquat

The word kumquat is Chinese for "gold orange," which describes the color of the fruit. The kumquat peel is sweet and the pulp is tart, creating a distinctive sweet and sour flavor in each bite.

DID YOU KNOW?

- Kumquats are the only citrus fruits that can be eaten "skin and all."
- Saint Joseph, Florida in Pasco County has been known as the "Kumquat Capital" since 1895.
- Kumquats are a great source of fiber and vitamin C.
- The longer you chew, the sweeter the fruit becomes.
- Kumquats grow on trees about 8 to 15 feet tall that have long, glossy leaves. The fruit forms from the white blooms.

WELLNESS TIP

Use the talk test. If you can't speak a sentence or two with each breath, you're pushing yourself too hard (unless you are participating in a high-intensity exercise).

SHOPPING, PREPARING AND STORING

- Select kumquats that are deeply colored and firm; pass by any that have soft spots.
- Kumquats can be stored at room temperature for a few days or in the refrigerator for up to two weeks.
- Frozen kumquat puree can be stored for six months or more.

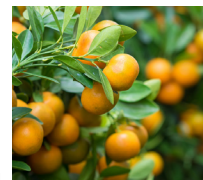
COOKING TIPS

- Kumquats can be made into chutneys or marinades for beef, pork or chicken.
- Use halved kumquats in a fruit salad to add a tangy sweetness.
- Add kumquats to green salads for extra flavor.

KUMQUAT CARROT SALAD

serves 8

- 2 pounds carrots, coarsely grated
- 6 green onions, chopped
- 3 tablespoons fresh parsley, minced
- 16 kumquats, seeded and diced
- 3 tablespoons white wine vinegar
- 1 tablespoon lemon peel, grated
- 2 teaspoons Dijon mustard
- 1/2 teaspoon sweet paprika
- 1/2 cup olive oil
- Salt and pepper, to taste
- 8 whole red cabbage leaves



1. Mix carrots, green onions, parsley and kumquats in a large bowl to blend.
2. Whisk together the vinegar, lemon peel, mustard and paprika in a small bowl.
3. Gradually whisk in oil; season to taste with salt and pepper.
4. Pour dressing over carrot mixture. Toss to coat evenly.
5. Cover and refrigerate at least 2 hours. When chilled, spoon the salad into the cabbage leaves and serve.

Recipe adapted from the Florida Kumquat Growers, <http://www.kumquatgrowers.com/>

Calories: 178; Total Fat: 14 g; Saturated Fat: 2 g; Total Carbohydrates: 13 g; Protein: 2 g; Sodium: 82 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.



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