



Kumquat

Scientific Name: Citrus japonica

Biology: Although kumquats are considered a type of citrus, they are actually classified under the Rutaceae family (FoodReference).

Description: Kumquat fruits are a small, bright orange-yellow fruit that is round and often oval-shaped. The branches are thornless and have dark, green leaves with white flower buds (JustFunFacts). Kumquats have a sour interior while the peel contains a sweet flavor.

Availability: In season from November to March, kumquats are ripe when firm and bright orange; avoid those still green, as they are not yet fully ripe (JustFunFacts).

Nutritional Value: This fruit is a good source of antioxidant vitamins including : vitamin A, C, E and B vitamins. They are also a good source of antioxidants like carotene, and minerals like calcium, potassium, and manganese (JustFunFacts).

Health Benefits: Kumquats are believed to help the body regulate digestion, boost the immune system, and improve things like skin, hair, teeth, and eyes. They also are said to reduce the chances of developing diabetes, lower your cholesterol levels, strengthen bones, and improve nerve health (JustFunFacts).

Storage: Kumquats will keep at room temperature for up to three days after being picked and they can last up to two weeks in the refrigerator (FoodReference). Make sure to rotate the fruit so as to avoid pressure spots.

Applications: Kumquats are most often eaten raw but can be cooked, candied, made into jams, jellies, or marmalades. People also pickle and preserve them for use as condiments (FoodReference).

Cultural Geography: In Chinese and Vietnamese culture, kumquats are smashed with honey, ginger, and salt and made into an herbal tea as a remedy for cold and flu. The English name “kumquat” comes from the Chinese gām-gwāt, which roughly translates “golden orange” (JustFunFacts).

Citations:

<http://justfunfacts.com/interesting-facts-about-kumquats/>

<https://www.foragesf.com/blog/2019/12/5/oxalis-thats-sour-grass-to-all-you-kids-out-there>