

Harvest of the Month™

WINTER- KUMQUATS



KUMQUATS ARE A GROUP OF SMALL FRUIT-BEARING TREES. THIS FRUIT RESEMBLES THE ORANGE IN COLOR, AND THE SHAPE BUT IS MUCH SMALLER, APPROXIMATELY THE SIZE OF A LARGE OLIVE. THEY ARE VERY HIGH IN VITAMIN C AND PROMOTE IMMUNITY!

FOOD WASTE PREVENTION

- KUMQUATS STORE WELL, KEEP THEM IN THE REFRIGERATOR AND THEY CAN KEEP FOR AT LEAST 10 DAYS!
- KUMQUATS ARE USUALLY EATEN RAW, BUT CAN BE MADE INTO PRESERVES OR CANDIED!
- CANDIED KUMQUATS CAN BE KEPT IN THE REFRIGERATOR FOR AT LEAST THREE MONTHS!

HEALTHY SERVING IDEAS



MAKE JAM OR JELLY!



MAKE JUICE!



ADD TO A SALAD FOR SUNNY CITRUS TASTE



FUN FACTS

KUMQUATS ARE THE ONLY CITRUS(Y) FRUIT THAT CAN BE EATEN PEEL AND ALL!

KUMQUAT VARIETIES



NAGAMI

SWEET SKIN WITH ACIDIC AND SPICY FLESH. THE SEEDS ARE EDIBLE.

MARUMI
VERY ROUND AND MILD IN FLAVOR WITH A LOT OF JUICE



CHERRY MEIWA

CONTAIN AN OIL IN THE SKIN THAT RELEASES A FRAGRANCE WHEN ROLLED BETWEEN PALMS

NORDMANN
TEARDROP SHAPE WITH A THICK RIND, AND LOTS OF JUICE



FUKUSHU

SWEET AND TART SKIN WITH TANGY, SHARP AND FRUITY FLESH. ALSO HAS FRAGRANT WHITE FLOWERS ON TREE

FUN FACTS

- THE ENGLISH NAME "KUMQUAT" MEANS "GOLDEN ORANGE" IN CHINESE
- KUMQUAT PLANTS CAN GROW TO BE 8-12 FT. HIGH
- DEPENDING ON THE ITS SIZE, THE KUMQUAT TREE CAN PRODUCE HUNDREDS OR EVEN THOUSANDS OF FRUITS EACH YEAR

SAN DIEGO UNIFIED VIRTUAL TASTING

SCAN THIS QR CODE OR [CLICK HERE](#) TO WATCH THE VIRTUAL TASTING WITH MS. JANELLE, SAN DIEGO UNIFIED'S FARM TO SCHOOL SPECIALIST!

THIS VIDEO CONTAINS AN OVERVIEW OF HARVEST OF THE MONTH, A VIDEO FROM FARMER RON SAHU, AND AN OVERVIEW OF THE NUTRITIONAL BENEFITS OF KUMQUATS!



[HTTPS://WWW.YOUTUBE.COM/WATCH?V=JKY9C834I9Q](https://www.youtube.com/watch?v=JKY9C834I9Q)

PICKLED KUMQUAT RECIPE

INGREDIENTS

- 8 OZ OF FRESH KUMQUATS, SLICED IN HALF
- 1/2 CUP OF SUGAR
- 1 CUP OF RICE VINEGAR
- 1 TBSP OF PEPPERCORNS
- 1 TSP OF SALT

INSTRUCTIONS

1. PLACE THE CUT KUMQUATS IN A POT AND COVER THEM WITH WATER ONE INCH ABOVE THE FRUIT. OVER MEDIUM HEAT, BRING THE MIXTURE TO A GENTLE BOIL. ONCE YOU'VE REACHED A BOIL, LOWER THE HEAT AND SIMMER FOR 30 MINUTES. DRAIN AND PLACE KUMQUATS IN A GLASS JAR
2. MEANWHILE, ADD SUGAR, VINEGAR, PEPPERCORNS AND SALT IN A PAN AND GENTLY HEAT OVER MEDIUM/LOW HEAT. STIR GENTLY AND COOK UNTIL SUGAR HAS DISSOLVED (2-3 MINUTES). CAREFULLY POUR SUGAR/VINEGAR MIXTURE OVER KUMQUATS IN THE GLASS JAR. COVER WITH THE LID AND PLACE IN THE FRIDGE TO COOL BEFORE USING (ABOUT 30-60 MINUTES)
3. KUMQUATS WILL STAY FRESH IN THE FRIDGE FOR 3-4 WEEKS

