



# Kumquats

Kumquats are small, oval-shaped citrus fruits that are unique because, unlike most citrus, you eat them whole— skin and all! Their thin, edible peel is sweet while the flesh inside is tangy and slightly sour. This creates a delightful contrast in flavor. About the size of a grape or small olive, kumquats are usually bright orange when ripe. They have a zesty aroma and are often used in cooking, baking, or as a garnish. Despite their small size, kumquats pack a powerful nutritional punch with high levels of vitamin C, fiber, and antioxidants.

Kumquats are typically in season from late fall through winter, making them especially popular during the cooler months. Their peak availability is from November through March, which is perfect for incorporating them into holiday recipes.

## Candied Kumquats

### INGREDIENTS

- 1 lb kumquats, sliced thin and seeds removed
- 1 ½ cups water
- 1 cup sugar
- 1 cinnamon stick (optional)
- 1 vanilla bean or 1 tsp vanilla extract (optional)

### DIRECTIONS

1. Wash the kumquats thoroughly. Slice them into thin rounds and remove the seeds.
2. In a medium saucepan, combine water and sugar. Bring to a boil, stirring to dissolve the sugar.
3. Add the cinnamon stick and vanilla bean (if using) to the syrup.
4. Add the sliced kumquats to the syrup, reduce the heat, and simmer gently for 20-30 minutes until the fruit becomes translucent.
5. Cool: Remove from heat and let the kumquats cool in the syrup. Once cooled, store the candied kumquats in a jar in the refrigerator.
6. Use candied kumquats as a topping for yogurt, ice cream, oatmeal, or toast, or enjoy them on their own as a sweet treat.

### STORAGE & SELECTION

Choose kumquats that are firm, bright orange, and free from blemishes or wrinkles. Avoid overly soft or mushy fruits. Store kumquats in the refrigerator for up to two weeks. They can also be kept at room temperature for about 3-4 days. If you candy or preserve them, store them in the refrigerator for up to a month.