Kumquat

What am I?

Kumquats are small, oval shaped fruit with a bright orange color. They have a sweet, thin skin that can be eaten but the seeds in the flesh are generally discarded. The flesh itself has a tart taste.

How do I grow?

- Kumquats grow on smaller trees.
- They can survive colder weather but prefer warm regions with hot summers.
- Within the US, they are grown mainly in California and Florida.
- Their trees need consistent watering to avoid dehydration.

Nutrition Facts

Good source of vitamin C, antioxidants and fiber.

Fun Facts

- Kumquats originated in China.
- The Cantonese called them “kam kwat” meaning “golden orange.”
- They are sometimes referred to as “little gems” of the citrus family.
- Can be eaten raw, pickled or candied.

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