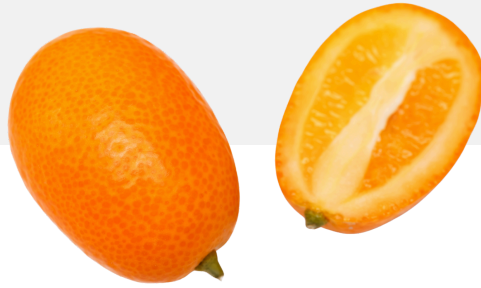
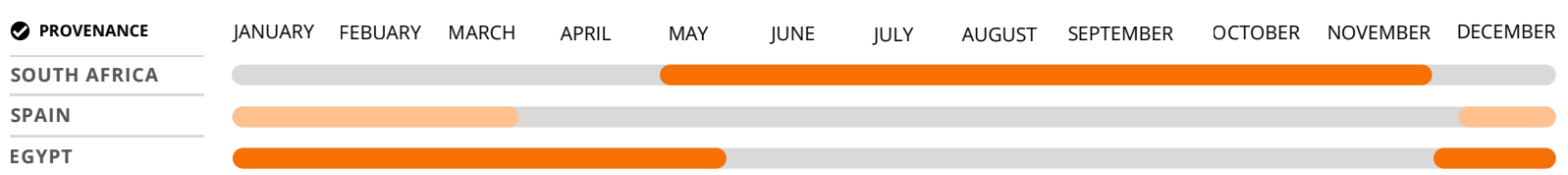


# KUMQUAT



*Kumquats are small citrus fruits that are oval-shaped and typically the size of a large olive. They have a thin, edible rind and a tart flavor, with the unique characteristic of the flesh being sour while the peel is sweet, making them a delightful combination of flavors when eaten whole.*

## AVAILABILITY AND PROVENANCE



## TARGET CUSTOMER: ASIAN, ITALIAN & GREEK

### OPTIMAL TEMPERATURE FOR CONSERVATION

5-10 °C

### PURCHASE GUIDE

Look for fruit with a vibrant orange color and firm texture. Avoid kumquats that are too soft or have spots on the skin, as they may be damaged.

### CONSUMPTION

To eat kumquats, rinse well and eat whole. The fruit can be eaten in a single bite, offering a delicious combination of tart and sweet flavors.

### NUTRITIONAL VALUE

Kumquats are rich in vitamin C, fiber, and antioxidants, with a high water content (around 80%). Their edible skin also provides flavonoids, which are beneficial for the immune system and cardiovascular health.

