



Geography/History

Kumquats are native to China and they have long been cultivated throughout Southeast Asia, where they are grown commercially today. The kumquat's arrival in America was in the late 1880's, though it was planted primarily for ornamental purposes until a rise in Asian populations created a market for the kumquat fruit. California and Florida are the best-suited growing regions. Both states are home to kumquats on a niche market scale as they remain in the shadows, still, of bigger and better known citrus.



See the table below for in depth analysis of nutrients:
 Kumquat fruit (*Fortunella species*),
 Nutrition Value per 100 g.
 (Source: USDA National Nutrient data base)

| Principle | Nutrient Value | Percentage of RDA |
|------------------------|----------------|-------------------|
| Energy | 71 Kcal | 3.5% |
| Carbohydrates | 15.90 g | 12% |
| Protein | 1.88 g | 3% |
| Total Fat | 0.86 g | 4% |
| Cholesterol | 0 mg | 0% |
| Dietary Fiber | 6.5 g | 17% |
| Vitamins | | |
| Folates | 17 µg | 4% |
| Niacin | 0.429 mg | 2.5% |
| Pantothenic acid | 0.208 mg | 4% |
| Pyridoxine | 0.036 mg | 3% |
| Riboflavin | 0.090 mg | 7% |
| Thiamin | 0.037 mg | 3% |
| Vitamin A | 290 IU | 10% |
| Vitamin C | 43.9 mg | 73% |
| Vitamin E | 0.15 mg | 1% |
| Vitamin K | 0 µg | 0% |
| Electrolytes | | |
| Sodium | 10 mg | 0.5% |
| Potassium | 186 mg | 4% |
| Minerals | | |
| Calcium | 62 mg | 6% |
| Copper | 0.095 mg | 10% |
| Iron | 0.86 mg | 11% |
| Magnesium | 20 mg | 5% |
| Manganese | 0.135 mg | 6% |
| Selenium | 0.0 mcg | 0% |
| Zinc | 0.17 mg | 1% |
| Phyto-nutrients | | |
| Carotene-B | 0 µg | -- |
| Carotene-a | 155 µg | -- |
| Cryptoxanthin-B | 193 µg | -- |
| Lutein-zeaxanthin | 129 µg | -- |

Description/Taste

The fruit of the **Kumquat** tree grow in clusters. They ripen within a month from green to brilliant orange. Once mature, the fruit can reach up to 2 inches in length. Unlike citruses, the entire fruit is edible, although the few seeds buried in the flesh are recommended to be spared. The peel is where the true citrus sweetness lies in both aroma and flavor. The flesh offers a bold and juicy tart contrast, making for a sweet tart mouthful. Before disposing of or simply eating, consider saving the seeds, as they are a source of natural pectin.

