

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

The produce of the week is...

Kumquat

You can find POW! info sheets on the EHHD website!

www.ehhd.org

Look for

Produce of the Week



What fruit name means 'Golden Orange' in Chinese?

KUMQUAT!

- ⇒ Select fruit that are firm, large, & bright orange
- ⇒ Avoid soft, wrinkled-skinned, or green fruits
- ⇒ Look for fruit that is free of blemishes
- ⇒ Fresh kumquats can be refrigerated in a plastic bag for several weeks
- ⇒ Fruits can be eaten raw, with the skin on, or cooked in marmalades & syrups

Nutrition facts:

- ♦ **1 serving is 1 kumquat, containing about 15 calories**
- ♦ **Kumquats contain no fat and are a good source of vitamin C**

Did you know?

Kumquats are grown in the United States primarily in Florida and California. Kumquats are small, egg-shaped, and can be eaten whole (skin, seeds & all!).

Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 3



Day 5



Day 6



Day 4



Day 2



Day 7

Try these delicious, nutritious and healthy recipes!

Island Swordfish Salad

4 Servings

INGREDIENTS

- | | |
|---|--|
| 1 tablespoon olive oil | 4 (8 ounce) swordfish steaks (or other fish steak) |
| 2 ripe mangoes - peeled, pitted, and sliced | 1 (10 ounce) bag baby spinach |
| 8 cherry tomatoes, quartered | 8 kumquats, quartered |
| 1/3 cup extra virgin olive oil | 1/3 cup balsamic vinegar |

DIRECTIONS

1. Preheat an outdoor grill for medium-high heat. Lightly oil grill grate, and place about 4 inches from heat source.
2. Lightly brush the swordfish steaks and mango slices with 1 tablespoon olive oil.
3. Cook the swordfish steaks on preheated grill until lightly browned on both sides, turning once, 5 to 7 minutes per side. After turning, arrange mangos slices over the steaks, and cook 5 minutes more.
4. Toss the spinach, tomatoes, and kumquats together in a bowl. Whisk together 1/3 cup olive oil and vinegar in a small bowl until well blended. Pour over the spinach mixture and toss to coat evenly. To serve, divide the salad among 4 serving plates, and top with swordfish and mangoes.

Simple way to enjoy Kumquats: Wash the fruit and pop into your mouth! Get ready for a blast of sweet & sour! (the original & natural sweet-tart)

Stewed Kumquats

INGREDIENTS

- 1 pound ripe kumquats
- 1 cup sugar
- 1/2 tsp ground cinnamon

DIRECTIONS

1. Wash and quarter kumquats; place in non-aluminum pot and cover with water. Bring to a boil and simmer for 30 minutes
2. Stir in sugar and cinnamon; remove from heat. Serve as a topping on waffles or pancakes or a side dish. Syrup can be thickened with 1 T cornstarch dissolved in 1/4 cup cold water, add to syrup and bring to boil.



Recipes modified from morematters.org & allrecipes.com

Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!