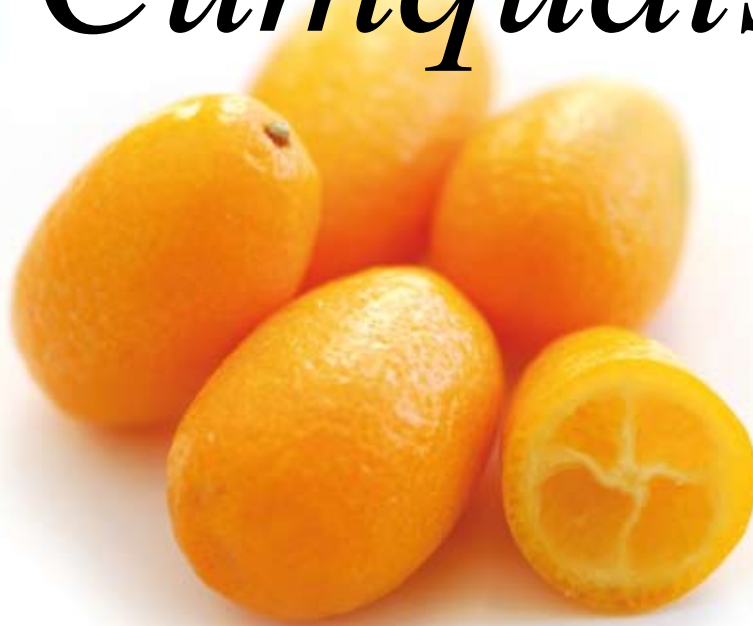


# Wild About Cumquats



What a pleasure it is to share my love of cumquats, and I invite each of you to embrace the cumquat tree as I have for many years. I started eating cumquats long before I realised their nutritional value but just loved the way they looked, made me feel and the way they provided my surroundings with an aroma that seemed to last for hours. My passion for cumquats allowed them to make their way in large bowls into my home, which made the whole house smell delicious. I added them to my water jug, cups of herbal tea, salads and just ate them each time I walked past the bowl.

My mother has picked cumquats for me when they are in season and is always amazed at how they make me feel. The inspiration that followed whenever I was around my cumquat tree made me start looking into this plant and I was surprised at the amount of the research that is available. It was only when I started to eat cumquats daily that I recognised that this small fruit is a gem amongst the many other fruits...

Cumquats, also known as Kumquats and at times called “Kinkan”, originated in China. They are known as the little gems of the citrus family. Cumquat trees mature in late November and the fruit can be eaten whole, added to your salads, sauces, added to your water or used for marmalade. How wonderful it is that summer invites these beautiful fruits to be part of our garden and they are blessed with such nutritional goodness. I was thrilled a few years ago to be given a cumquat tree in a pot and now it is the highlight of my garden. Every morning I visit my cumquat tree, thank it for making me so happy and pick a few which I eat throughout the day.



## I became “wild about” cumquats when I discovered:

1. That if you eat 7 cumquats per day this provides 80% of your RDA intake of Vitamin C.
2. They are high in fibre content and contain pectin, so if you eat a few before each meal, the pectin will naturally curb your appetite and assist with weight loss.
3. Eating a few cumquats assists in overcoming coughs, colds, dyspepsia and liver disorders, and helps lower cholesterol.
4. Cumquats support organs and systems of the body - especially the digestive system.
5. They contain traces of: Zinc, Potassium, Phosphorus, Manganese, Copper, Calcium and Iron
6. Cumquats add nutritional value to daily meals and when added to your water can assist your digestion.
7. There is more to Cumquats than just making them into a jam.
8. If you prick the skin the aroma is most uplifting and can last for days.
9. Cumquats are one of the smallest fruits available but have more nutritional value than many of the larger fruits. It never ceases to amaze me how our gardens are filled with such gems and all it takes is to embrace the plants that make your heart sing each time you walk past them. For me it is the Cumquat and Pomegranate trees that have stolen my heart forever. I will never walk past without being grateful that these trees share their fruits with me...

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Regular Contributor