



Kumquats are harvested in Florida from October-February. They are the only citrus fruit that can be eaten "skin and all". The longer you chew, the sweeter the fruit becomes. They are a great source of fiber and vitamin C. St. Joseph, Florida is known as the Kumquat Capital.

Immune-Boosting Nutrition

'Tis the season for colds and the flu, but you can help protect yourself with these nutrients. Protein aids in healing and recovery. Choose lean meats, poultry, eggs, beans, nuts, and seafood. Vitamin A helps protect against infections by keeping your skin and tissues healthy. Eat sweet potatoes, broccoli, carrots, spinach, red bell peppers, and eggs. Vitamin C helps form antibodies that fight infection. Try citrus fruits, strawberries, papaya, red bell pepper, and tomato juice. Vitamin E is an antioxidant that helps neutralize free radicals that can damage cells. It can be found in nuts, nut butters, seeds, and vegetable oils such as sunflower or safflower oil. Zinc helps immune system functions and aids in wound healing. Whole grains, lean meat, poultry, seafood, milk, beans, seeds and nuts all contain zinc. There is a smaller amount of evidence that suggests that vitamin B6, folate, selenium, iron, prebiotics, and probiotics can also be beneficial in boosting immunity. So, be sure to eat a variety of healthy foods every day! For more info, visit:

[https://www.eatright.org/health/wellness/preventing-illness/protect-your-health-with-immune-boosting-nutrition.](https://www.eatright.org/health/wellness/preventing-illness/protect-your-health-with-immune-boosting-nutrition)

Glazed Chicken with Kumquats

- 6-8 pieces of chicken
- 1¼ cups orange juice
- 5 tsp fresh lemon juice (juice of about half a lemon)
- 3 tbsp honey
- 1½ tsp crushed dried chilies
- 10 kumquats, sliced and de-pipped
- Handful of pine nuts
- Salt

1. Preheat the oven to 350°F.
2. Put the chicken pieces in a shallow ovenproof dish so that they are all lying flat.
3. Sprinkle with salt.
4. Pour over the juices and the honey, turning the chicken pieces so that they are all covered all over. Leave for an hour or so in the fridge to marinate with the skin side up.
5. Scatter with the dried chilies, kumquats and pine nuts.
6. Bake for half an hour, or possibly longer depending on your oven and the size of the chicken.

<https://www.triedandsupplied.com/saucydressings/glazed-chicken-with-kumquats/>