



# *Fingerling Potatoes*

#DN392 | 50/Lb

## Overview:

Fingerling potatoes are small, oblong, and finger-shaped potato varieties that are naturally small when mature. They are not to be confused with new potatoes, which are simply immature versions of other potato types. Fingerlings have a firm, waxy texture and thin skin that does not need to be peeled. This makes them ideal for roasting or for use in salads.

## History:

Fingerling potatoes are considered some of the most ancient varieties. They were introduced to Europe in the 16th century and later brought to North America by European

## Growing Region:

Fingerling potatoes originated in the Andean Highlands of South America, but are now grown globally. In North America, they are commercially cultivated in states like Idaho, Washington, Colorado, New Mexico, and Texas. Many varieties are also popular with home gardeners and can be found at local farmers' markets across the continent.

## Nutrition:

Fingerling potatoes are a good source of vitamins, particularly vitamin C and B6, as well as minerals like potassium. They are also low in fat and cholesterol, and a good source of dietary fiber, especially since their thin skins are typically eaten.

## Preparation:



Because of their small size and firm texture, fingerling potatoes hold their shape well when cooked. They are most commonly prepared by roasting or pan-frying, which enhances their earthy, nutty, and buttery flavors. They are also a popular choice for potato salads, as their thin skin means they do not need to be peeled.





# *Kumquat*

#77288 | 10/Lb

## Overview:

Kumquats are tiny, oval-shaped citrus fruits, distinguished by their uniquely edible, sweet peel that balances their tart, acidic flesh. The name “kumquat” translates from Cantonese to “golden orange,” a fitting name for these vibrant, golden-hued fruits. They are the only citrus fruit that is typically eaten whole, often rolled first to release their fragrant essential oils and sweeten the rind.

## History:

Native to Southeast China and Malaysia, kumquats have been cultivated in Asia since at least the 12th century. They were introduced to Europe in 1846 and later brought to North America in the mid-19th century. While initially planted in the U.S. as ornamentals, they gained popularity for their fruit, especially in Florida and California, where they are commercially grown.

## Growing Region:

In the United States, kumquats are primarily grown in Florida and California, with smaller-scale cultivation in regions like Texas and Louisiana. They are a cold-hardy citrus, able to tolerate temperatures as low as 15–17°F, and can also be successfully grown in containers in colder climates, such as Atlanta, if they are moved indoors during winter.

## Nutrition:

Kumquats are a nutritional powerhouse, packed with a rich supply of vitamin C, fiber, and antioxidants. Since the peel is eaten along with the flesh, you consume higher concentrations of fiber and flavonoids. The fruit is also low in calories and a good source of manganese, vitamin A, and calcium.

## Preparation:



Kumquats are incredibly versatile and can be eaten fresh, whole, and unpeeled, or sliced and added to salads. Their sweet-tart flavor works well in both sweet and savory dishes, from marmalades, jams, and compotes to glazes for poultry and pork. They also make a festive garnish for cocktails and desserts.

