



## Q - QUINCE

- Quince is deciduous tree that belongs to the family of roses. It originates from Caucasus and Iran and its fruit is closely related to apples and pears.
- Cultivation of quince started 4,000 years ago in Asia and the Mediterranean regions.
- Quince thrives both in temperate and semi-tropical areas, but it produces the best quality fruit in warmer areas. Fruit from the colder areas produces fruit that is more tart.
- Quince is a rich source of dietary fibers, vitamin C and minerals such as copper, iron, potassium and magnesium.
- Quince is traditionally eaten in compotes, preserves, or jellies and is a great accompaniment with cheese.



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