LEMONS &

LIMES

Lemons originated in China and were brought to the United States by Catholic Missionaries where they were planted in Arizona and California. Today Arizona and California produce all of the lemons consumed in the United States as well as about one-third of those used throughout the world. There are two different types of lemons – acid and sweet. The acidic varieties are grown commercially and the sweet types are grown mainly by home gardeners. Lemons are valued for their many uses in flavoring the food we eat, as a garnish, and for household purposes. Lemons are an excellent source of vitamin C. Did you know that one medium lemon has about 3 tablespoons of juice and 3 tablespoons of grated peel?

The Persian lime also known as a Tahiti lime or Bearss lime is the variety of lime most commonly found in grocery stores. It is usually sold quite green, seedless and has light-green to yellow pulp which is tender and acidic. It is larger, thicker-skinned, and less aromatic than the Key Lime, which has a wider agricultural distribution worldwide. The advantages of the Persian lime compared to the Key Lime is its larger size, hardiness, absence of thorns on the bushes and longer fruit shelf like. Florida is the largest grower of Persian limes, producing 90% of the U.S. crop, most of which is used for making fresh juice and canned or frozen juice concentrate. Limes like lemons are an excellent source of vitamin C. Did you know that the lime changes to a yellow color as it reaches full ripeness?