



Lemons

Lemons are available November through May with limited availability June through October. California and Arizona grow 95% of all the lemons produced in the United States. Lemons are a bright yellow, tart and tangy fruit. Lemons are widely used for both culinary and non-culinary purposes. The sour flavor is a key ingredient in many drinks and foods worldwide.



Lemons contain 5-6% citric acid which is responsible for giving them a sour taste. Lemons are rich in Vitamin C, phosphorous, dietary fibers, ascorbic acid and other key nutrients. Lemons contain no saturated fats nor cholesterol and contain only 29 calories.

Meyer lemons are a cross between a lemon and possibly an orange or mandarin. This lemon variety is rounder with a dark yellow colored skin. Meyer lemons are slightly sweet with less acid and have a thin rind. These require extra care when handling and shipping.

AVAILABILITY

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
California	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Chile					✓	✓	✓	✓	✓	✓	✓	

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