



# 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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