



Citrus, Lemons

Purchasing Specifications

Availability:

Year round

Growing Regions:

Chile, Dominican Republic, Ecuador, Guatemala, Mexico, USA

Receiving Information:

- Decay or mold; shortened shelf life: Sorting lemons at high temperatures may promote decay and shorten shelf life. Maintain proper short-term storage temperatures. Decay may also result from cuts or scratches caused by rough handling. Handle lemons with care; do not drop shipping containers on the floor. To prevent mold from spreading, remove affected product immediately.
- Pitting of skin; interior discoloration; loss of juice: Indication of chill injury.
- Skin deterioration; flesh decay: Indication of ethylene exposure - keep lemons away from ethylene-producing produce and ripening rooms.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: Yes
- Odor Producer: Yes
- Ripens After Harvest: No
- Mist: Yes
- Odor Sensitive: No
- Selection: Look for lemons that are firm to the touch and free of any brown or soft spots.

- Scientific Name: Citrus x limon
- Flesh Description: Flesh is juicy and acidic.
- Taste: Juicy, acidic citrus taste; adds mild flavorful acid to many food dishes. Lemons have a distinct sour, tart flavor.
- Shape: Oval.
- Skin Texture: Smooth, porous skin.
- Usage: Used primarily for their juice, though pulp and rind (zest) are also used, primarily in cooking or mixing. Also used for lemonade, as a garnish for drinks such as iced tea or water and used in an Italian liqueur Limoncello.
- Color: Yellow

Nutrition Facts

Serving Size: 1 fruit (2-3/8" across)

Amount Per Serving

Calories 24	Fat Calories
% Daily Value*	
Total Fat 0g	
Sat Fat 0g	0%
Trans Fat	
Cholesterol 0 mg	0%
Sodium 2mg	0%
Total Carbohydrates 8g	6%
Dietary Fiber 2g	9%
Sugars 2g	
Protein 1g	2%
Potassium 116mg	2%
Vitamin A 0%	Vitamin C 59%
Calcium 2%	Iron 3%

*Percent Daily Values are based on a 2,000-calorie diet.