

Lemons



Selecting

The lemon is bulbous oval shaped citrus fruit valued for its juice and rind, used predominantly for flavouring foods and beverages. The most common variety found in supermarkets is the yellow “Four Seasons” lemon. You will also find Meyer lemons. They are a cross between a lemon and a mandarin with sweet, tangy juice.

Choose bright yellow lemons that are small to medium-size because those tend to have thinner skins and are juicier than large ones.

Storing

Lemons are best stored in a perforated bag in the refrigerator. Stored this way, they will last for 4 to 6 weeks.

Preparing

Lemons are used for their juice and rind. To extract the most amount of juice from the lemon, heat it on high in the microwave for 20-30 seconds and then press firmly on the lemon and roll it under your palm on the countertop to soften and make it easier to extract the juice.

Seasonality

Lemons are available year-round.

Nutrition

Lemons are an excellent source of Vitamin C.

Juicing the lemon can easily be done by cutting the lemon in half and twisting a fork in the middle of the flesh. Best to juice over a sieve to catch any pits.

The rind or zest of the lemon is full of flavour. The top coloured layer can be removed easily with a microplane, a zester or a fine hand grater.

Lemons are frequently used in salad dressings to balance the oil.



Here is a delicious recipe for a beet salad with a lemon juice dressing. www.halfyourplate.ca/recipe/beet-salad/

