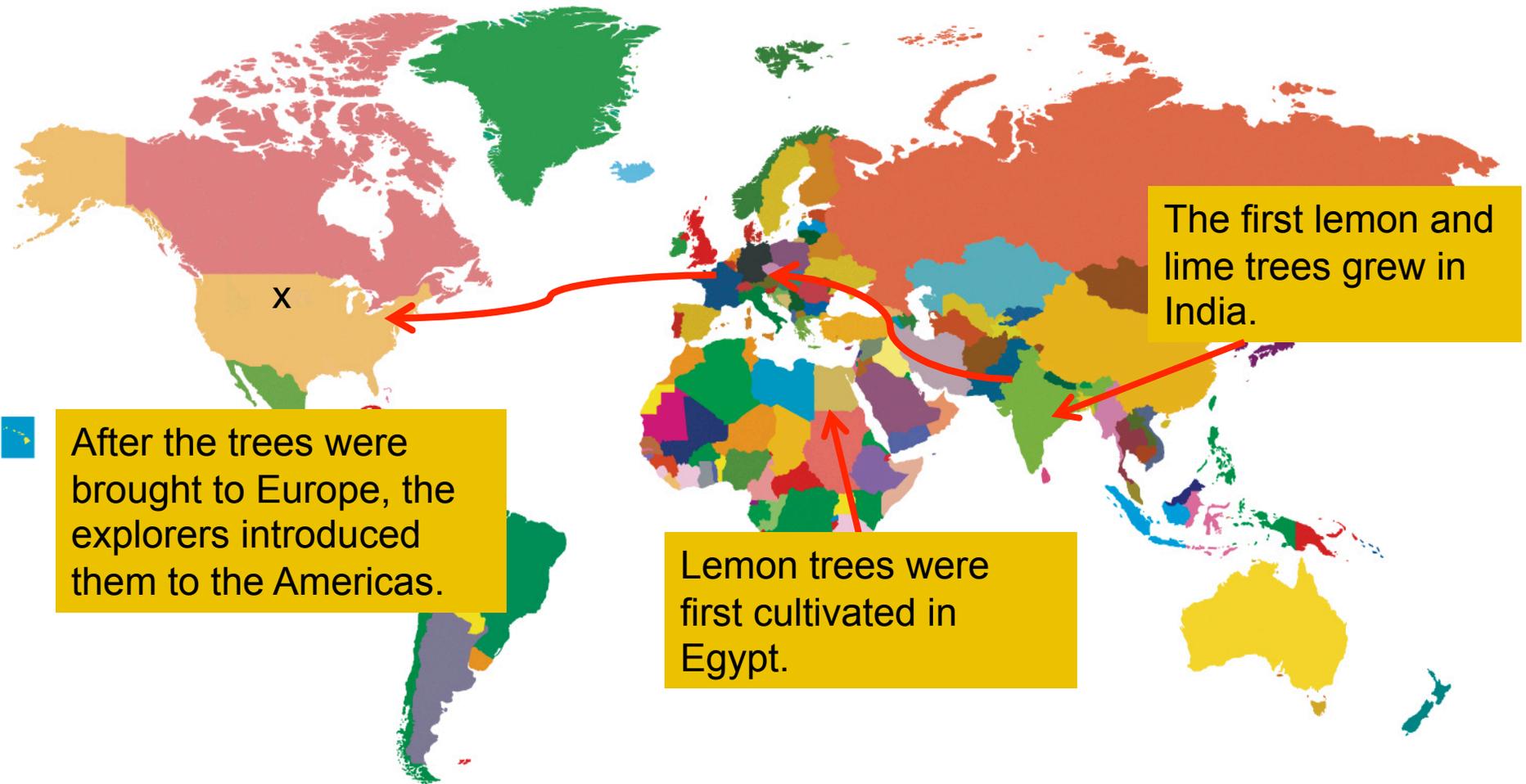




Lemons and Limes

History about lemons and limes



How do lemons and limes grow?

Lemons and limes grow on trees.



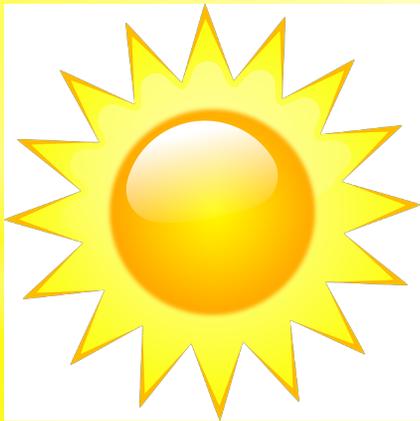
After pollination, we eat the swollen fruit.



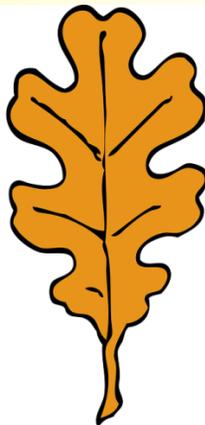
What season do we pick lemons or limes?

Lemons and limes will not grow in South Dakota.

Summer



Fall



Winter



Spring

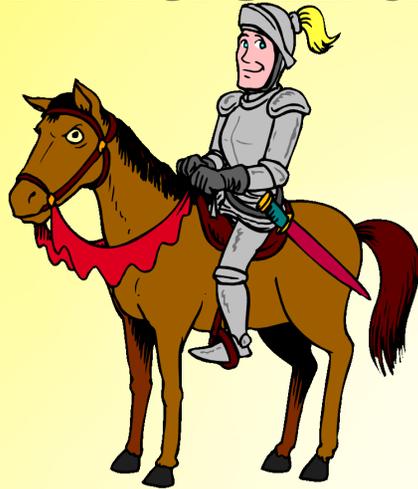


Most lemon and lime trees grown in tropical temperatures will produce fruit all year.

lemons and limes

Antioxidant

s



Healthy bodies

Fiber



Healthy digestion,
cleans out your system

Iron



Healthy muscles

Vitamin C



Healthy immune system
(prevents colds)

How do you pick lemons or limes?

- Lemons should be fully yellow and heavy for their size.
- A ripe lime is green, heavy, and firm.
- Lemons and limes can be kept at room temperature for a week, or in the refrigerator for up to two weeks.



Fun Fact: Lemons and limes contain limonene, which can help fight against cancer.



**Lets try some
lemons and
limes!**

