

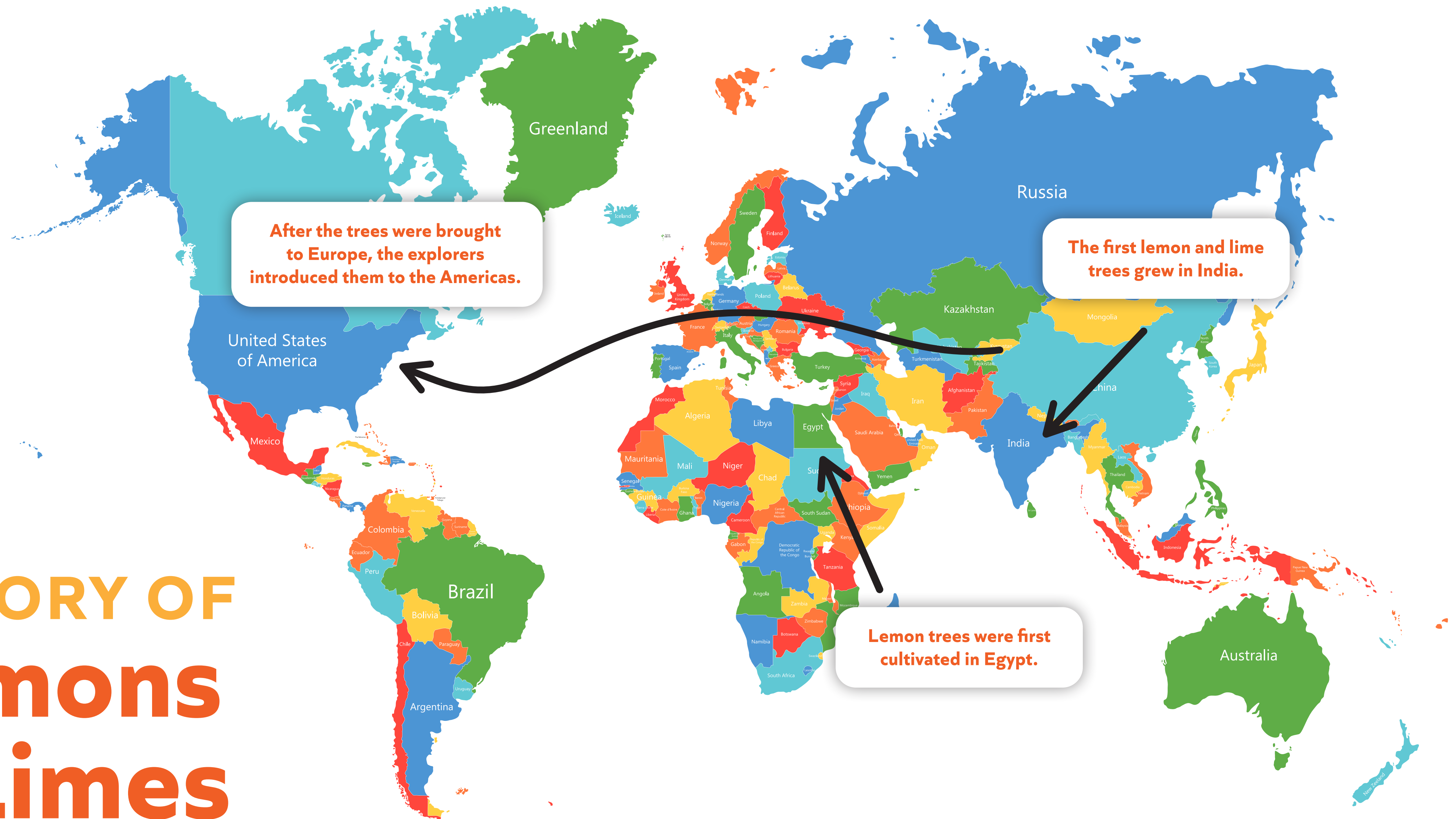
HARVEST OF THE MONTH:

# Lemons & Limes





# HISTORY OF Lemons & Limes







**After pollination,  
we eat the  
swollen fruit.**

**Lemons & limes  
grow on trees.**

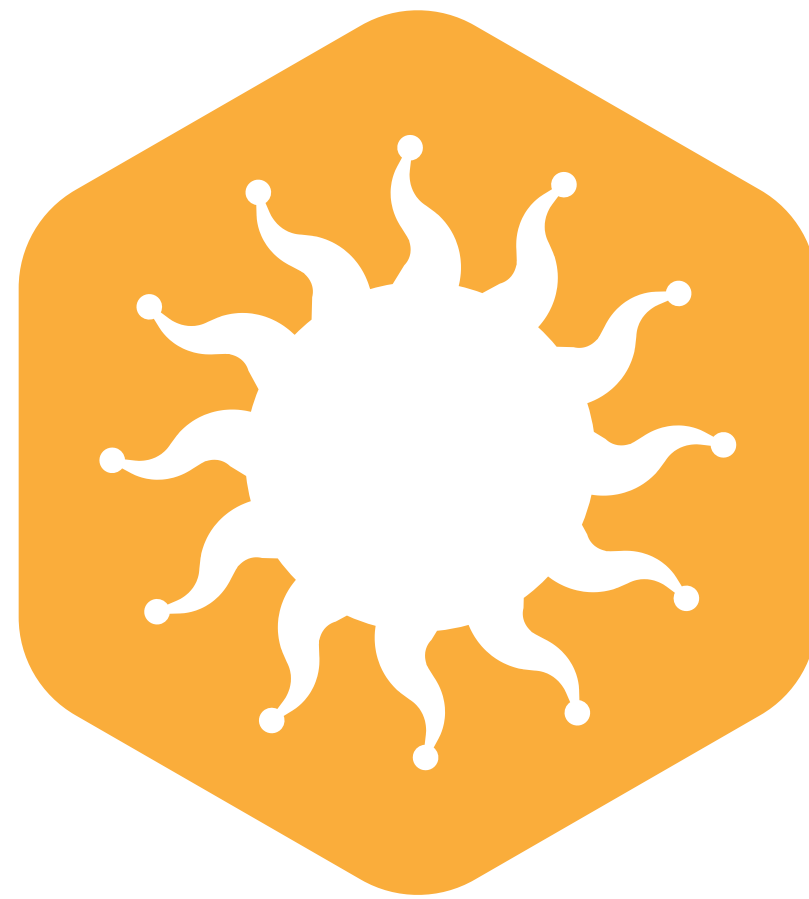


# HOW DO LEMONS & LIMES GROW?



# WHAT SEASON DO WE PICK LEMONS & LIMES?

**Lemons and limes will not grow in South Dakota.**



**SUMMER**



**AUTUMN**



**WINTER**



**SPRING**

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



# WHY SHOULD WE EAT LEMONS & LIMES?

**Healthy immune system  
(prevents colds)**



**Healthy digestion,  
cleans out your system**



**Antioxidants**



**Healthy muscles**





# HOW DO YOU PICK A GOOD LEMONS & 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.





LET'S TRY SOME

# Lemons & Limes!

