

SIMPLY GOOD FOOD

LEMONS

Lemons are a native fruit tree of Asia, cultivated for hundreds of years, lemons were transplanted to Europe by the Crusaders, and Columbus is credited with introducing them to the Western Hemisphere on his second voyage. Later, after the introduction of lemons to Florida, wild groves became commonplace until the freeze of 1894/95. California then adopted the crop, as lemons were highly prized by the Gold Rush miners of 1849 as a preventive for scurvy (due to high vitamin C content). The word lemon is believed to have come from Asian words meaning "sour or sour fruit".



Lemons will keep at room temperature for about a week to ten days. In the refrigerator, place in plastic bag or store in the covered vegetable crisper. Stored this way, lemons will keep for at least a month, so don't hesitate to buy several at a time.

California and Arizona produce most of the lemons consumed in the United States, as well as about one-

third of those used throughout the world. Acidic types are the only ones grown for the fresh market with the Eureka and Lisbon varieties dominating. Florida grows Sicilian types such as Bearss, Avon, Harney, and Villafranco.

Lemons and lemon rinds have many uses including making fruit drinks, garnishing meat and seafood dishes, salt substituting for flavoring water and iced tea, seasoning fish, removing stains, remedying colds, keeping other prepared fruits and vegetables from discoloring, adding zest to cooked vegetable dishes, and as a salad dressing. Lemons are available year 'round.

BUYING TIPS:

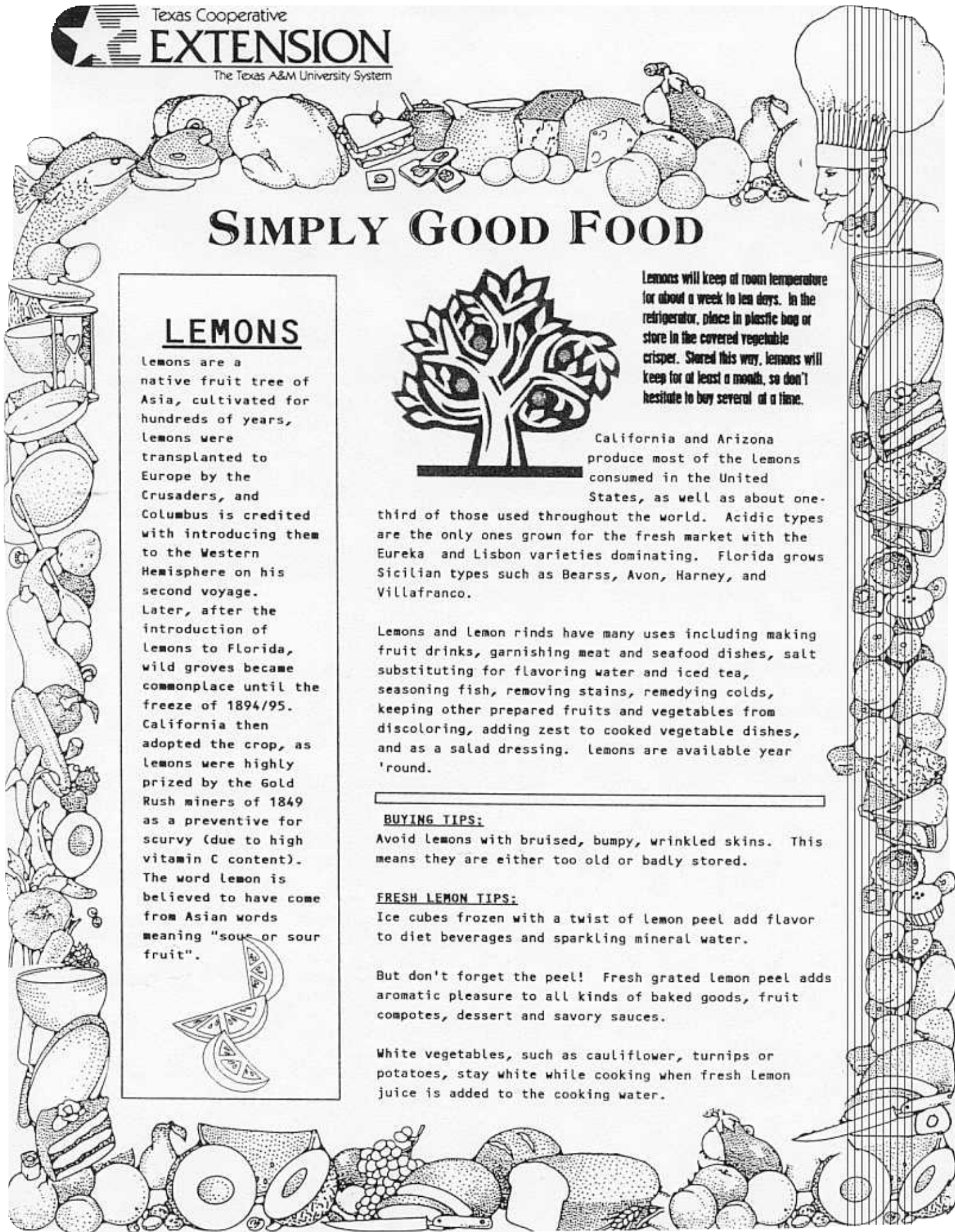
Avoid lemons with bruised, bumpy, wrinkled skins. This means they are either too old or badly stored.

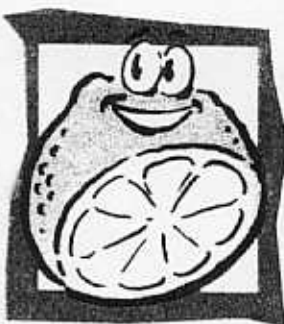
FRESH LEMON TIPS:

Ice cubes frozen with a twist of lemon peel add flavor to diet beverages and sparkling mineral water.

But don't forget the peel! Fresh grated lemon peel adds aromatic pleasure to all kinds of baked goods, fruit compotes, dessert and savory sauces.

White vegetables, such as cauliflower, turnips or potatoes, stay white while cooking when fresh lemon juice is added to the cooking water.





Lemon juice freezes well. Keep handy by freezing measured amounts, 1 or 2 tablespoons, into individual ice cubes. Store frozen cubes in plastic bag, thaw and use as needed.

FRESH LEMON EQUIVALENTS

6 medium lemons =
1 cup juice
1 medium lemon =
3 tbsp. juice
1 medium lemon =
3 tsp. grated peel

QUICK AND EASY HOLLANDAISE SAUCE

1/2 cup butter or margarine
juice of 1/2 lemon (1 1/2 tablespoons)
1/8 teaspoon salt
3 egg yolks

In small saucepan, heat butter with lemon juice and salt until bubbly. Add slowly to egg yolks, beating constantly with wire whisk. Makes about 3/4 cup.

DID YOU KNOW?

Recipes that call for a large amount of lemon juice should not be cooked in an aluminum pan. The food may pick up a metallic taste.

E-Z FRESH LEMON ICE CREAM

2 cups whipping cream or half & half
1 cup sugar
grated peel of 1 lemon
1/3 cup fresh squeezed lemon juice

In large bowl, combine cream and sugar; stir until sugar dissolves. Blend in lemon peel and juice. Pour into shallow pan. Freeze until firm, about 4 hours. Serve in dessert glasses, lemon shells or boats. Garnish with fresh mint leaves and strawberries, if desired. Makes about 3 cups.

Supporting State Extension Goal: Health, Safety and Well Being

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