

Lemon

- Lemons are an excellent source of Vitamin C and flavonoids which are antioxidants – these help remove free radicals that can damage cells from the body
- Lemons are an acidic yellow citrus fruit with a sour taste. The juice, zest, and pulp are often used in cooking to flavor fish or meats but is also used to flavor drinks such as lemonade
- Because lemons are acidic, they are great at preserving foods that would brown (oxidize) when cut like avocados!
- Always choose lemons that are bright yellow with firm, smooth skin.
- Lemons can be stored for two weeks at room temperature and six weeks in the refrigerator

Sources:

1. <https://kids.kiddle.co/Lemon>
2. <https://www.medicalnewstoday.com/articles/283476#risks>
3. https://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=1182&context=extension_curall