

Harvest of the Month



Lemon

Calories

12

Total Fat

0g

Sodium

0mg

Sugars

1g

1
lemon

FUN FACTS:

Lemon trees bloom and produce fruit all year long. Each tree can produce around 3000 lemons a year (or 500 to 600 pounds).

The whole lemon (juice, skin and pulp) can be used for culinary purposes.

Lemons aid in digestion, soothe sore throats and boost the immune system.

The top 5 producers of lemons are China, India, Mexico, Argentina and Brazil. California produces over 90% of all the lemons in the United States.

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