

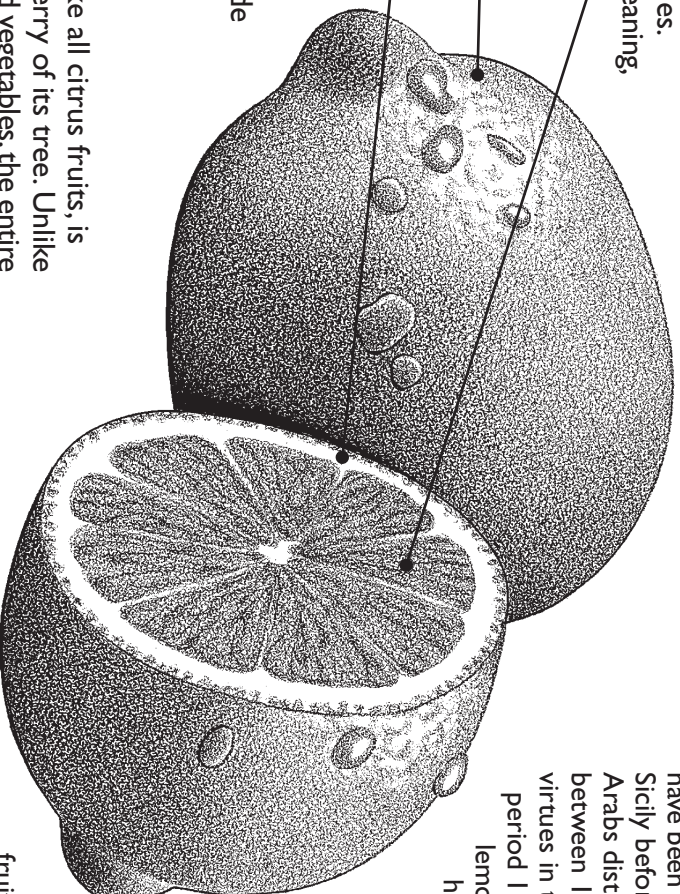
Know your Lemon

The fruit (pulp) of the lemon contains lemon juice, and is used for culinary delights such as lemonade mixes, sauces, pastries, marinades, and marmalades. Additionally, the juice is used for cleaning, beauty, and health formulas.

Yield: 1 medium lemon provides 1/4 cup of juice and 1 tablespoon of grated zest.

The zest (the yellow outer portion of the rind (skin) without the white pith) holds tiny sacs of essential lemon oil. Extracted as an extremely flavorful and fragrant oil, it is used to enhance a number of recipes. It is also used in homemade and commercial formulas.

The lemon, like all citrus fruits, is actually the berry of its tree. Unlike many fruits and vegetables, the entire fruit is used for recipes and formulas.



History: The true home of the lemon is unknown, though some have linked it to northwestern India. It is supposed to have been introduced into southern Italy in 200 A.D. and to have been cultivated in Iraq and Egypt by 700 A.D. It reached Sicily before 1000 and China between 760 and 1297 A.D. Arabs distributed it widely in the Mediterranean region between 1000 and 1150 A.D. It was prized for its medicinal virtues in the palace of the Sultan of Egypt and Syria in the period 1174-1193 A.D. Christopher Columbus carried

lemon seeds to Hispaniola in 1493. The Spaniards may have included lemons among the fruits they introduced to St. Augustine. They were grown in California in the years 1751-1768. Lemons were reported to be increasingly planted in northeastern Florida in 1839.

Guatemala has in the past 2 decades developed commercial lemon culture, primarily to produce the peel oil for its essential oil industry and secondarily for the purpose of dehydrating the fruit and preparing a powder for reconstituting into juice. Southern Mexico, too, is now a major grower of lemons, also primarily for lemon peel oil. Lemons are rarely grown for the fresh fruit market in Latin America. In South America, Argentina leads in lemon culture with Chile a distant second. Among the world's leading lemon growers and exporters are Italy, Spain, Greece, Turkey, Cyprus, Lebanon, South Africa and Australia.

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