



RESCUING FOOD • NOURISHING COMMUNITIES

FOOD CARD

LEMONS, LIMES



AVAILABLE

All year.

NZ lemons: June-March.

Limes: March-May.

STORE

At room temperature.

EAT

Raw or cooked as part of savoury and sweet dishes.

PREPARE

1. Peel, pull segments apart, slice or chop.
2. Slice in half and juice.

AVOID WASTE

Freeze: Squeeze out the juice. Freeze in ice trays. Once frozen, put cubes into plastic bags and keep in freezer. Make marmalade or lemon curd. There are lots of recipes online.

TASTY IDEAS

- Add to salads. Lemon goes well with quinoa, spinach and kale.
- Add slices to water. Gives more flavour without lots of added sugar and calories.
- Add some juice or grated rind to dressings, marinades and stuffings.
- Use in baking, e.g. lemon poppy seed cake, muffins, citrus slice.
- Make lemon meringue pie.

Handy Hint: drizzle lemon juice over chopped apple, pear, banana to stop them going brown.