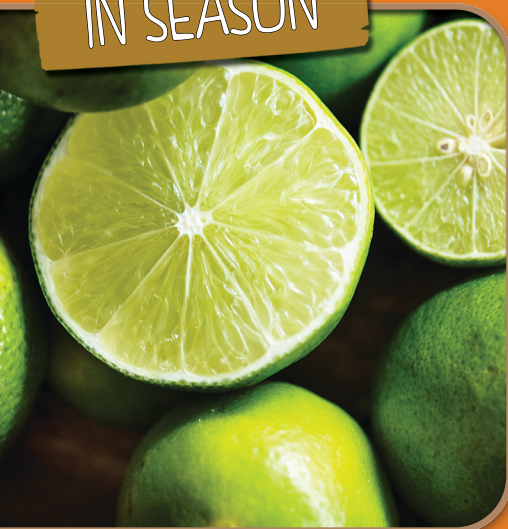


FRESH
IN SEASON

LIMES



Description

Lime flesh is pale green and can be seedless or may contain several small seeds at its center. The juicy flesh is aromatic, extremely acidic and has a sour citrusy flavor. The smooth and glossy green rind will become greenish-yellow as it ripens.

Highlights

An excellent source of vitamin C and dietary fiber. Contains calcium, iron, potassium, copper, magnesium and phosphorus. The volatile oils extracted from the peel are used in aromatherapy, skin products, and in perfumes.

Limes are most often used for their juice or their zest.

Lime juice is a natural tenderizer for meats. Limes pair well with meats, seafood and poultry and the juice can be squeezed fresh over a dish as a finishing touch.



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