Lovely Lemons
Where do my lemons come from?

Lemons grow on the 'Lemon Tree', a small evergreen tree native to Asia. **Lemons belong to the citrus family**, which means they contain citric acid (about 5%). That’s the chemical that gives them their tangy taste! The skin of a lemon is called the zest. In the kitchen, you can use either the zest or the juice to add a zingy flavour to your food.

Did you know that lemons have been harvested since 1AD? In Australia, we mostly grow the Eureka variety. They can grow and grow and grow for over 100 years!

Lemon juice is high in dietary fibre. **Squeezing some into your water helps to promote a healthy tummy!** Lemons are also an excellent source of Vitamin C so make yourself a tasty lemonade this summer.

Quiz

1. True or false: lemons belong to the citrus family.

2. What variety do we mostly grow in Australia?

3. Squeezing lemon juice into your water can help promote a healthy...