

# LIMES



## Introduction

This small, lemon-shaped citrus fruit has a thin green skin and juicy, pale green pulp. Limes grow in tropical and subtropical climates such as Mexico, California, Florida and the Caribbean. The two main varieties are the Persian lime (widely available in the US) and the Key lime from Florida. The latter is smaller and rounder.

## Selection:

Look for brightly colored, smooth-skinned limes that are heavy for their size. Small brown areas on the skin won't affect flavor. Avoid limes with shriveled skin.

## Storage:

Refrigerate uncut limes in a plastic bag for up to 10 days. Cut limes can be stored in the same way up to 5 days.

## Uses & Preparation:

How to cut a lime:

1. Position the lime with stem end on bottom. Cut lime slightly off center to release juicy sacs.
  2. Continue cutting sections off-center (you'll get at least three additional sections) until core is left. Fold and twist core to get remaining juice.
- Squeeze lime into your favorite beverages.
  - Add zest to salad dressings, marinades, seafood dishes and barbecue sauces.
  - Make Key Lime Pie.
  - Juice for limeade.
  - Season vegetables.
  - Sprinkle juice on cut-up apples, bananas and white vegetables to prevent discoloration.

## Nutrition Information:

- Fat, sodium, and cholesterol free.
- Low in calories.
- Good source of fiber.
- High in vitamin C.