



**Selection:**

Choose lemons that are bright yellow with firm, smooth skin and heavy for their size.

**Storage:**

Store unwashed lemons at room temperature for up to 2 weeks, or in a resealable plastic bag in the refrigerator for up to 6 weeks. Leftover lemon juice can be frozen and used later.

**Room Temperature:** Up to 2 weeks

**Refrigerator:** Up to 6 weeks

**Use:**

Rinse lemons thoroughly before preparing. If juicing a lemon, leave at room temperature. To get the most juice out of the lemon, roll between the palm of your hand and the countertop. It takes about 6 medium lemons to get 1 cup of lemon juice. One medium lemon will give 3 tablespoons of juice and 2 to 3 teaspoons of grated peel.



**Digital Scale:**

The number on the screen = Total Weight



**Hanging Scale:**

The number the arrow is pointing to = Total Weight

**Buying:**

Lemons can be sold individually or by the pound. If sold per pound, weigh produce to find out exactly how much it will cost. Place the number of lemons you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

**Total Weight (lbs) x Price = Cost of Lemons**

Use this table to find the total cost.

**Example:** What is the total cost for 2 lbs of lemons at \$1.19 per lb? **2 lbs x \$1.19 = \$2.38**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
\$ 0.49	\$0.49	\$0.74	\$0.98	\$1.23	\$1.47	\$1.72
\$ 0.59	\$0.59	\$0.89	\$1.18	\$1.48	\$1.77	\$2.07
\$ 0.69	\$0.69	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42
\$ 0.79	\$0.79	\$1.19	\$1.58	\$1.98	\$2.37	\$2.77
\$ 0.89	\$0.89	\$1.34	\$1.78	\$2.23	\$2.67	\$3.12
\$ 0.99	\$0.99	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47
\$ 1.09	\$1.09	\$1.64	\$2.18	\$2.73	\$3.27	\$3.82
\$ 1.19	\$1.19	\$1.79	\$2.38	\$2.98	\$3.57	\$4.17
\$ 1.29	\$1.29	\$1.94	\$2.58	\$3.23	\$3.87	\$4.52
\$ 1.39	\$1.39	\$2.09	\$2.78	\$3.48	\$4.17	\$4.87
\$ 1.49	\$1.49	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22
\$ 1.59	\$1.59	\$2.39	\$3.18	\$3.98	\$4.77	\$5.57
\$ 1.69	\$1.69	\$2.54	\$3.38	\$4.23	\$5.07	\$5.92
\$ 1.79	\$1.79	\$2.69	\$3.58	\$4.48	\$5.37	\$6.27
\$ 1.89	\$1.89	\$2.84	\$3.78	\$4.73	\$5.67	\$6.62
\$ 1.99	\$1.99	\$2.99	\$3.98	\$4.98	\$5.97	\$6.97

**Know how. Know now.**

## Nutrition:

### 1 medium Lemon

Nutrition Facts	
Serving Size 1 medium lemon (58g)	
Amount Per Serving	
Calories 15	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 5g	2%
Dietary Fiber 2g	8%
Sugars 2g	
<b>Protein</b> 0g	
Vitamin A 0%	Vitamin C 40%
Calcium 2%	Iron 0%

### 2 tablespoons Lemon Juice

Nutrition Facts	
Serving Size 1 fl oz about 2 tbsp (31g)	
Amount Per Serving	
Calories 9	Calories from fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
<b>Protein</b> 0g	
Vitamin A 0%	Vitamin C 8%
Calcium 0%	Iron 0%

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The first Nutrition Facts Label shown here is for 1 medium lemon. All lemons are not the same size, but you can use this to estimate the nutrient content for a smaller or larger lemon.

The second Nutrition Facts Label is for 2 Tablespoons of lemon juice. Lemon juice is commonly used in recipes and this can be used to estimate the nutrient content for lemon juice.

## Recipe:

### Lemon-Walnut Green Beans

Preparation Time: 20 minutes

Serves 8

Cups of Fruit per Serving: 0



#### Ingredients:

- 8 cups small, fresh green beans
- 2 cups sliced green onions
- 1/3 cup chopped walnuts
- 3/4 tablespoon crushed, dried rosemary
- 5 tablespoons fresh lemon juice
- 1 1/2 tablespoons grated lemon peel (optional)

#### Preparation:

- 1.) Boil 4 cups water, add green beans, cover, and cook about 8-12 minutes or until crisp and tender.
- 2.) Plunge beans into a bowl of cold water to stop the cooking process and drain.
- 3.) Spray a sauté pan with cooking spray.
- 4.) Over medium-high heat sauté green onions until tender.
- 5.) Add green beans, walnuts, rosemary, and lemon juice to sauté pan and cook, stirring constantly, until thoroughly heated.
- 6.) Sprinkle with lemon peel, if desired.

#### Nutrition Information per Serving:

Calories 60, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Carbohydrates 16 g, Dietary Fiber 2 g, Protein 1 g.