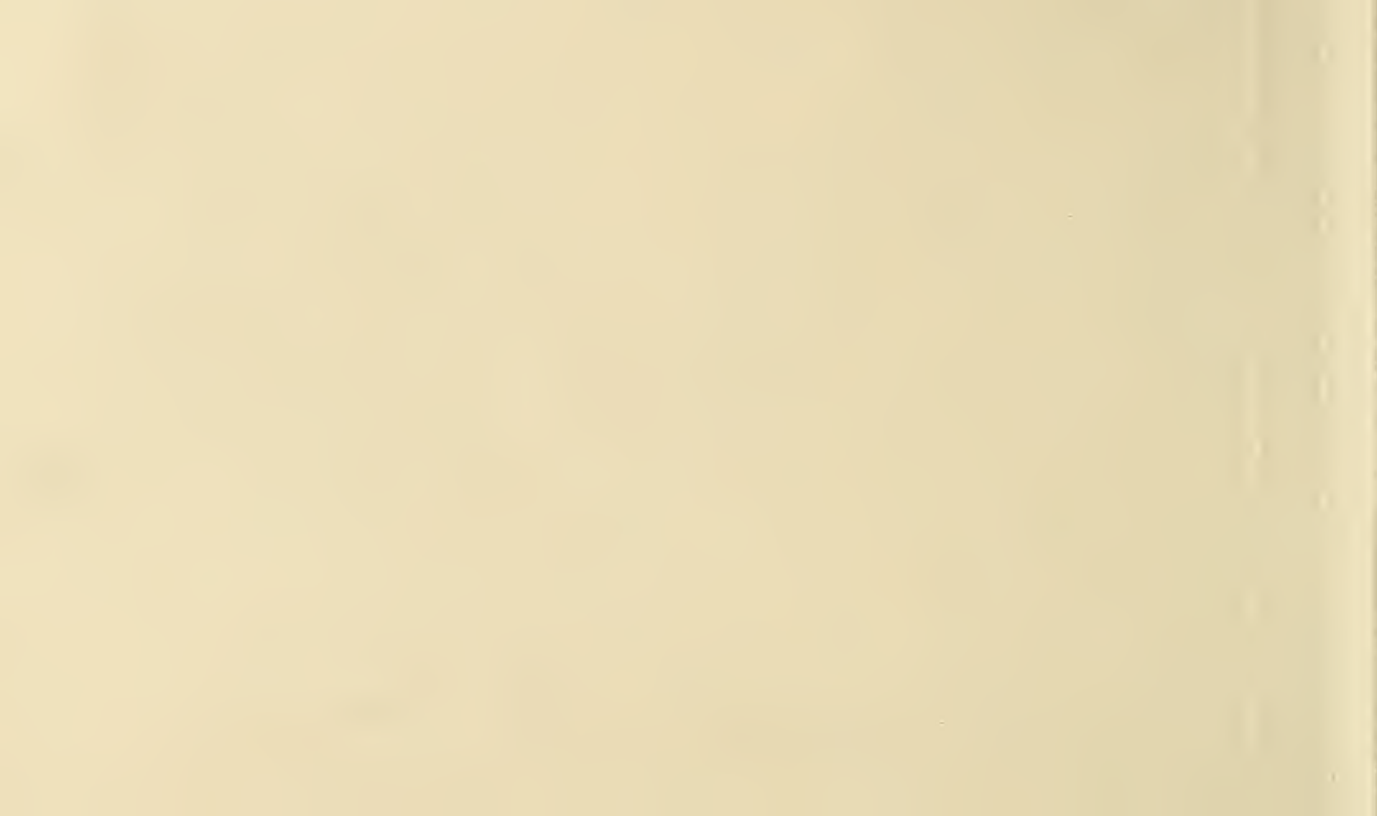
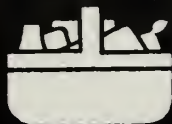


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LEMONS AND LIMES

## HOW TO BUY LEMONS AND LIMES

(Information from Agricultural Marketing Service)

GPO 16—19214

Lemons - look for lemons with fine-textured skin, heavy for their size. Yellow lemons may be juicier, but are not so high as greenish yellow lemons in acid content which gives tangy flavor. Discard shriveled & hard skinned fruits, & those that are soft & spongy. Mechanical injury to rind makes fruit subject to mold.

Limes - should be firm, not soft & mushy. Look for limes with smooth, glossy rind, thin skins, fine grained

(over)

& juicy pulp. Color of Persian limes (about size of lemon) should be green - have more flavor & same amount of juice as yellow ones. Decay, bad color, broken skins, bad bruises, or skins turned hard should be avoided. Some discoloration of skin may pull price down without affecting quality, if fruit is firm.

Food value - lemons & limes both rich in Vitamin C, the anti-scurvy vitamin - helps keep gums & teeth healthy.

Use - lemons & limes both used in making cooling drinks, flavoring other dishes.

Storage - keep lemons and limes in refrigerator until used.

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