

Lemon



Lemons are super rich in Vitamin C; they provide 88% of our daily intake. They also have good amounts of minerals such as iron, copper, potassium and calcium.



Lemons look very much similar to limes and oranges. The seeds of these fruits all look the same too.



Lemons are locally grown in Hawaii, but they are also imported as well.

The trees grow on an average of 10-12 feet. They grow well in tropical climates whereas cold weather affects their growth.

