



# JUICY FACTS ABOUT LEMONS



*The Little Rascals selling lemonade in "Waldo's Last Stand" (1940)*

- The name is said to be derived from an Asian word for “sour fruit”.
- Lemons are technically a berry fruit.
- Lemon trees can produce up to 600 pounds in a year and can grow up to 20 feet tall.
- An average lemon holds three tablespoons of juice.



# MORE JUICY FACTS ABOUT LEMONS



- Sprinkling lemon juice on other fruits can prevent them from turning brown.
- Lemon juice and hot water is good for a sore throat as it is anti-bacterial.
- Lemons used to be so rare that kings once gave them to each other as gifts.
- You could power a flashlight bulb with 500 lemons wired together.



# WHY DO LEMONS MAKE YOUR MOUTH PUCKER?



*There are plenty of sour foods that are safe and nutritious. For example, citrus fruits (lemons), kimchi, and vinegar are all common foods that are both sour and perfectly safe to eat.*

- Sucking on a lemon often makes your mouth pucker.
- Sour foods contain high amounts of acid, and acidity creates sourness on in our mouth.
- Since a food's acidity can sometimes (not always) indicate whether or not that food is rotten or spoiled, the physical reaction they often elicit is actually a **rejection** response.
- This is meant to discourage you from eating foods that might make you sick. Lemons & vinegar are **exceptions**.



# HEALTH BENEFITS OF LEMONS



- One cup of lemon juice is equal to 187% of your daily intake of Vitamin C
- Cures indigestion
- Soothes toothaches
- Treats Dandruff
- Fades Scars
- Speeds up metabolism