

YOUR GUIDE TO Citrus

Zingy citrus fruits are one of our favourite ways to add colour to our diets. With flavours from sweet to sour, they're good with every meal from breakfast to dessert.



Lemon

FLAVOUR

Lemons are highly acidic, with a refreshing flavour as bright as their yellow colour.

COMMON VARIETIES

Common, Meyer

TRY

1. Sprinkle lemon zest on pasta salad or combine with ginger and salt for a chicken rub.
2. To replace 1 cup (250 mL) buttermilk, stir 1 tbsp (15 mL) lemon juice into 1 cup (250 mL) milk or cream; let stand five to 10 minutes or until curdled.
3. Use leftover lemon halves as a natural cleanser for wooden cutting boards and grimy microwaves, and to brighten up aluminum and copper pots.



Lime

FLAVOUR

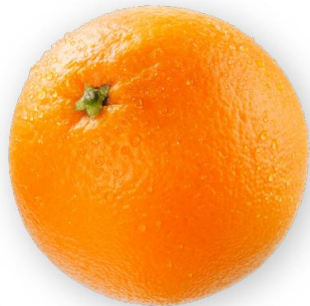
The smallest and most acidic of our citrus options, limes are often featured in Indian and Latin American cuisine.

COMMON VARIETIES

Common (Persian), key lime

TRY

1. Add zing to fruit salad with a squeeze of juice and sprinkle of zest.
2. Add a wedge or squeeze of lime to make summer beer even more refreshing.
3. Cook pork with oil, cumin, and lime zest and juice, then top with salsa and cilantro for a Mexican-inspired dinner.



Orange

FLAVOUR

The citrus fruit with the most varieties, oranges are also the sweetest of the family.

COMMON VARIETIES

Valencia, clementine, mandarin, tangerine, blood, navel, cara cara

TRY

1. Make a salad with quinoa, black beans and sweet navel orange segments topped with an orange juice and honey vinaigrette.
2. Add slices of your favourite variety to sangria or mulled apple cider.
3. Cut bite-size chunks and thread onto skewers with olives and prosciutto for a savoury-sweet appetizer.



Grapefruit

FLAVOUR

This large citrus fruit is tart, with a flavour that verges on bitter (which a sprinkling of sugar can tame).

COMMON VARIETIES

White, pink, red

TRY

1. Halve, top with cinnamon sugar, then broil until browned.
2. Layer grapefruit curd atop shortbread for a twist on classic lemon bars.
3. Use pink or red grapefruit in salad with avocado or spicy lobster.

HOW TO HANDLE

Selection



Choose firm citrus fruits that feel heavy for their size. Unblemished skin and a strong colour are also key.

Storage



Keep refrigerated for several weeks, or at room temperature if you'll eat them within a week.

Prep



When zesting or using citrus skin in a recipe, avoid the white pith, which will impart a bitter flavour. Wash fruit before using the zest or peel.

