



# Meyer Lemons

## Nutritional Benefits:

- Great source of vitamin C, an immunity-boosting antioxidant
- Fat-free
- Sodium-free
- Cholesterol-free

## Characteristics:

- Cross between a true lemon and a mandarin or orange
- Mustard-yellow rind
- Thinner and smoother than a traditional lemon rind
- Sweeter, and less acidic than most lemons

## Seasonality:

Year-Round

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