



- ◆ Although limes are rarely consumed by themselves, the tart and tangy little fruit packs a powerful punch when it comes to adding flavor to both beverages and recipes.
- ◆ They are fat and cholesterol free, low in calories, high in vitamin C and a good source of fiber. Limes with light-green skins are juicier.
- ◆ Limes originated in southern China, eastern India and the islands north of Australia. They were probably introduced in the New World in the late 15th century by Christopher Columbus.
- ◆ Why are Englishmen called "Limeys"? Limes contain Vitamin C, which combats scurvy. During the 19th Century, English soldiers were rationed one lime (which cost less than lemons) a day to fight this complaint.
- ◆ Microwaving a lime for 15 seconds before squeezing produces almost twice as much juice.

LIMES