



A Book About

Lemon

Ong Hui Ying



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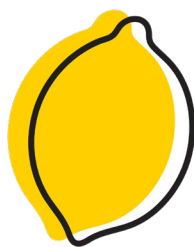
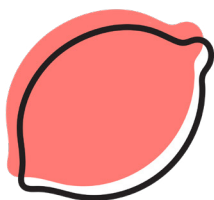
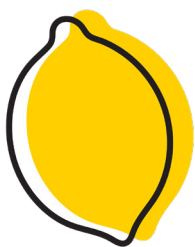
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Lemons!

The History of Lemon



Citrus fruits have been cultivated for over 4000 years in southern China and Southeast Asia. The true origin of the lemon is still unknown, but research believes that it originated in northern India, where it has been cultivated for over 2,500 years. Arab traders brought lemons to the Middle East and Africa after 100 C.E. It is believed to have been introduced into southern Italy around 200 C.E., and was being cultivated in Egypt and Sumer, Mesopotamia's southernmost region a few centuries later.



Lemons were not commonly cultivated as food until the 10th century, when they became primarily a decorative plant. The lemon was introduced to Spain by the Arabs in the 11th century. By 1150, it was widely cultivated around the Mediterranean. It was brought to the rest of Europe by Crusaders returning from Palestine. In the 15th century, the lemon became widely used in European cuisine, and the first major cultivation in Europe began in Genoa.



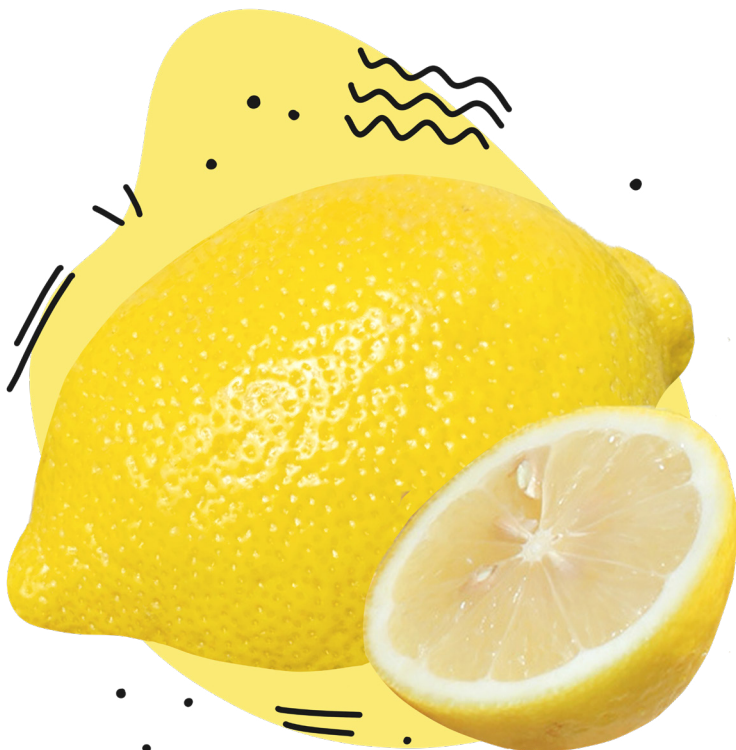
Christopher Columbus brought lemon seeds with him when he left Europe for the New World in 1492, and these seeds were planted in Hispaniola in 1493. The lemon was introduced to the New World by the Spanish conquest, where it was still mostly utilised as a decorative plant and for medicinal. By 1751, lemons were being cultivated in California, and by the 1800s, they were being utilised in cooking and flavouring in Florida.



Common Types of Lemons

Eureka Lemon

Eureka lemon is classed as a “true” lemon. It has a vibrant yellow rough skin that is medium-thin. Eureka lemon is oblong shaped and has a short neck at the stem end. It has an acidic taste as the juice has a high level of acidity. Eureka lemon has less seeds, so it’s ideal for juicing.





Lisbon lemon is similar to eureka lemon, oblong shape and has a short neck at the stem end. Lisbon lemon is not in the class of sweet lemons as they have a very acidic taste. The skin is medium-thick and is a good source of lemon oil and vitamin C. Lisbon lemon is generally seedless and it produces a lot of juice.

Lisbon Lemon

Meyer Lemon


Meyer lemon is not a true type of lemon, but a hybrid of citron and mandarin or orange. It has thin bright yellow skin and have a rounder plump shape. Meyer lemons have yellowish-orange flesh and have a sweeter taste if compared to other kinds of lemons such as Eureka and Lisbon lemons.





Citron lemons are actually a large yellow citrus fruit from India. Citron lemons have a very thick and rough rind. They are also larger and heavier compared to other kinds of lemons. The flesh is pale yellow, juicy and produces the sour citrus flavor. The flesh is also small due to the presence of a large white rind and plenty of seeds.

Citron Lemon



*Fun
Facts!*

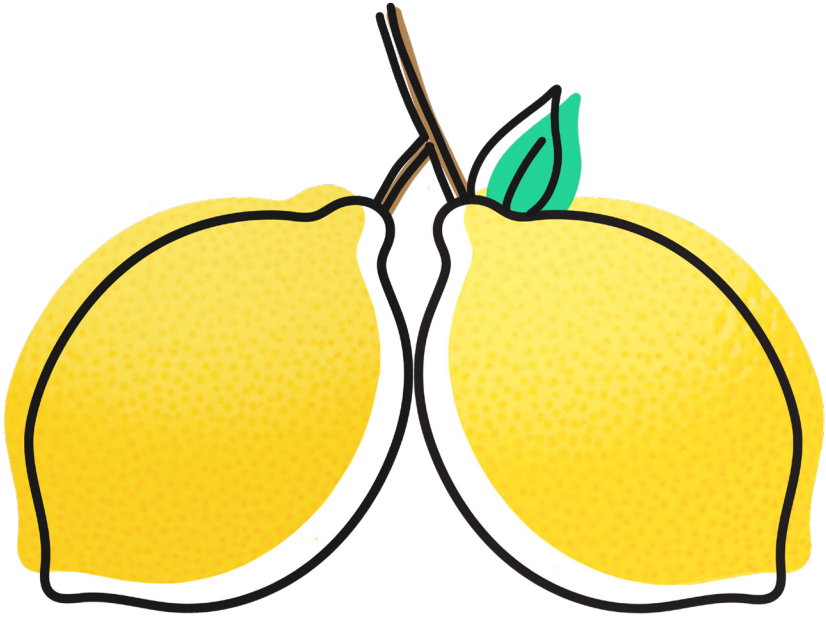


Fun Fact 1

Why Lemon Is Called Lemon?



The name "lemon" first appeared around 1350–1400, which draws from Old French "limon". Old French "limon" comes from the Italian limone, which is derived from the Arabic laymun or limun, from the Persian word limun, a generic word for citrus fruit, which is from Sanskrit (nimbu, "lime").



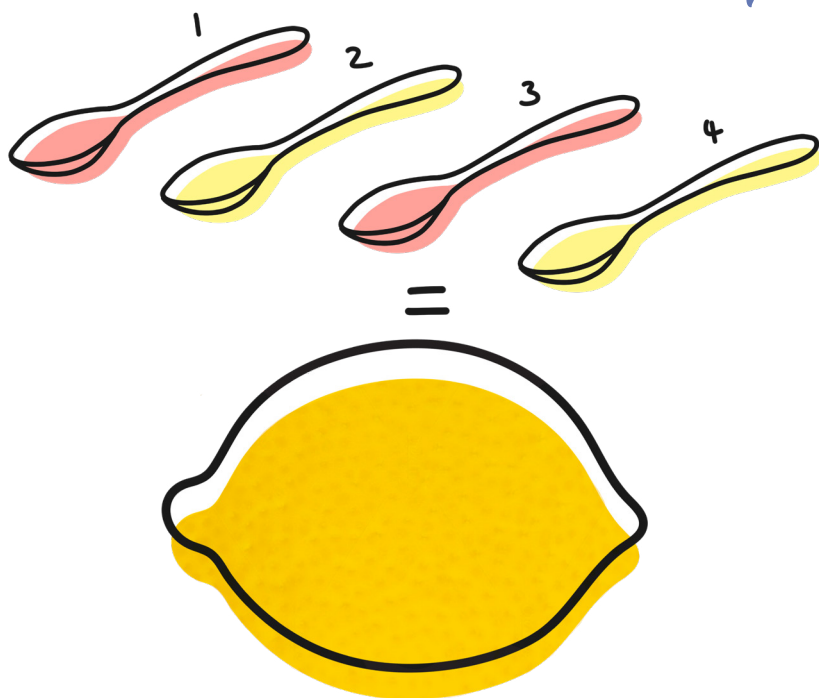
Heaviest Lemon In The World

The heaviest lemon in the world weighed 5.265 kg and was grown by Aharon Shemoel on his farm in Kefar Zeitim, Israel.

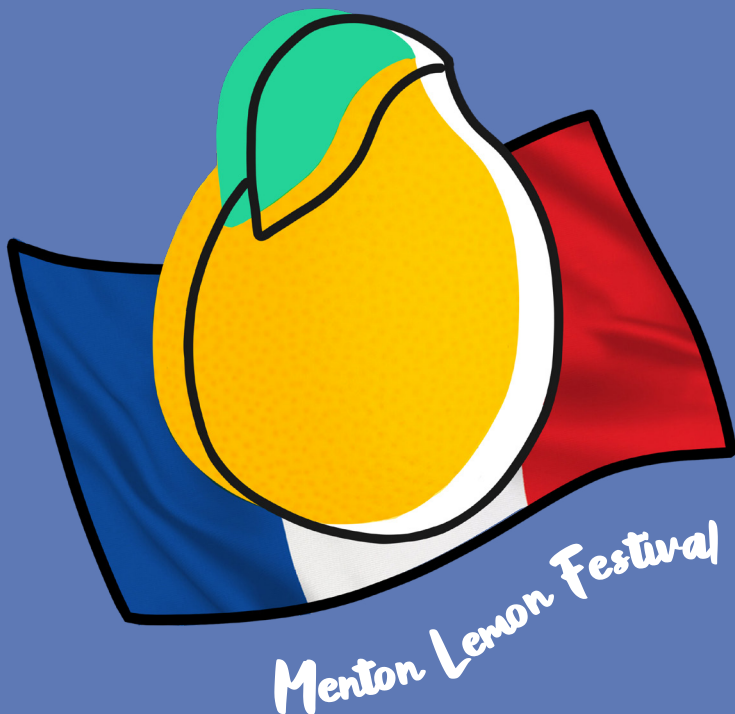
Fun Fact 2

Fun Fact 3

How Much Juice In One Lemon?

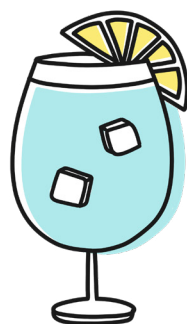


3-4 tablespoon



Lemon festival (La Fête du Citron) was created in Menton, France in 1934. This unique event draws over 230,000 visitors every year. During this festival, the streets and squares will be decorated with huge constructions made of oranges and lemons. All of these constructions are related to the festival's theme, which changes every year.

Fun Fact 4





*Refreshing
Summer
Drinks!*

Fruit-Infused Water



Ingredients



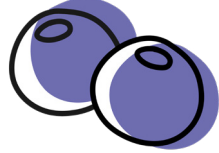
1 lemon (sliced)

+



6 strawberries (sliced)

+

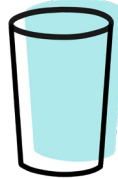


6 blueberries



8 mint leaves

+



4 cups water

Directions

1

Place the fruits and the mint leaves in a glass jar.

2

Pour the water and refrigerate for at least 1 or 2 hours or overnight. The longer it sits, the more flavourful the water will be.

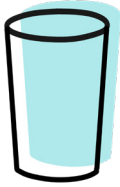
3

Drink it cold.

Lemon Iced - Tea



Ingredients



8 cups water

+



8 black tea bags

+

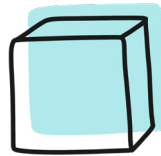


1 cup white sugar



2 – 3 pieces lemons

+



ice cubes

Directions

1

Put 8 cups of water in a pot and bring it to a boil. Turn off heat and steep the black tea bags in boiling water for 8 minutes.

2

Remove the tea bags. Add in 1 cup sugar and juice of 2 lemons. Stir until sugar dissolved. Taste the mixture and add more sugar and lemon as desired.

3

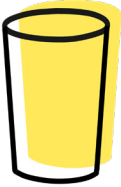
Refrigerate until cold. Serve with ice and lemon slices.



Virgin Mojito



Ingredients



30ml lemon juice

+



30ml club soda

+

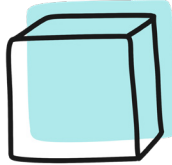


2 lemon wedges



20ml sugar syrup

+



ice cubes

+



8 mint leaves

Directions

1

Take a shaker and add mint leaves, lemon wedges, sugar syrup and lemon juice. Crush everything inside the shaker.

2

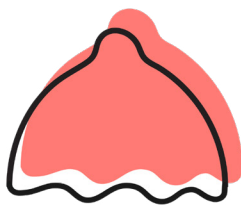
Add some ice cubes. Shake well until all the ingredients release their flavours. Then pour in a glass.

3

Add club soda to fill up the glass and garnish with lemon wedges and mint leaves.



*Unusual
Uses!*



Lemon Bath



Taking a lemon bath can soothes and warms up tight or painful muscles, removes harmful toxins from your body through your skin, raises your mood through the fragrance, and also even out your body's skin tone !

Citric acid has the ability whiten fabrics, it's this ingredient that gradually whitens hair, making it looks lighter in color.



*Lighten
Hair*

Lemon can also be a weapon. Use it to defend yourself !



*Self Defense
Spray*

Dessert Bowl



Keep those leftover lemon rinds and try serving up your ice cream in it !

DIY Experiments



Patterns
Making

Materials

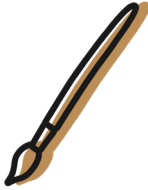


lemon

+

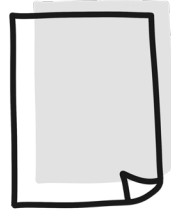


tempera paint / poster paint



paint brush

+



white paper

Directions

1

Cut your lemon in half and gently squeeze the juice out.

2

Paint your lemon using paint brush.

3

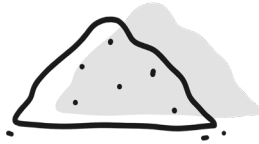
Press the painted side of the lemon firmly onto the paper.
Experiment with different colors and patterns !

Materials



lemon

+



baking soda



spoon

+



food coloring

Directions

1

Slice the top and bottom off of the lemon to make it stands straight.

2

Use a spoon to mush the lemon to release more juice.

3

Add a few drops of food coloring to the lemon.

4

Pour some baking soda on top of the lemon and stir it with your spoon. It will start fizzing and foaming !

Lemon Volcano



*Invisible
Ink*

lemon

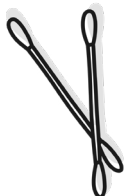
LEMON

Materials



lemon

+



cotton buds

+



bowl



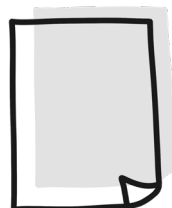
water

+



heat source
(candle / lighter)

+



white paper

Directions

1

Squeeze some lemon juice into a bowl. Then add few drops of water. Stir it.

2

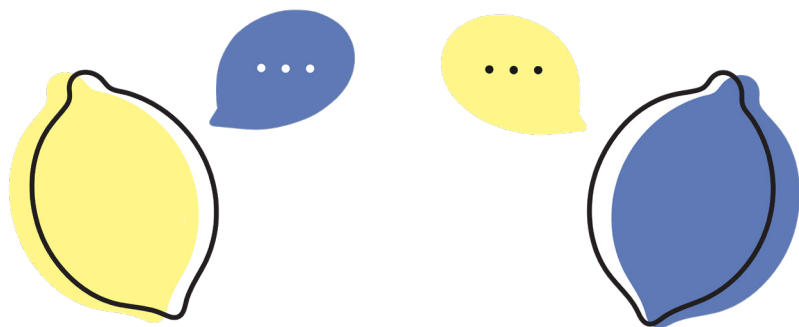
Dip the cotton bud into the mixture and use it to write your secret message on the paper.

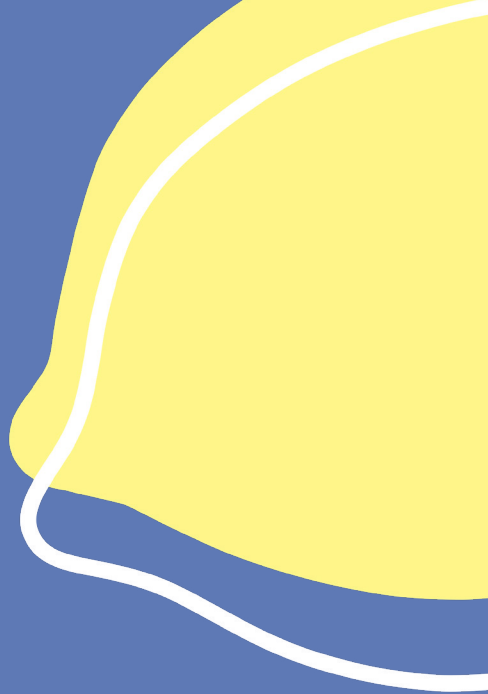
3

Let your lemon juice message dry and becomes completely invisible.

4

Bring your paper close to the heat source. Wait for some time and you can see your secret message begins to appear !





Language !

Say 'Lemon' In Different



French

Citron

[si-tron]

レモン

[remon]



Japanese



Korean

레몬

[lemon]

ЛИМОН

[limon]



Russian

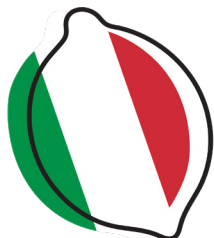
Languages

Zitrone

[tsii-troo-ne]



Spain



Italian

Limone

[li-mó-ne]

柠檬

[níng méng]



Chinese

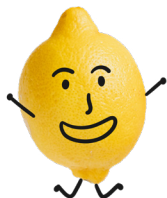


Arabic

لومي

[lay-mun]

Idioms



**When life gives you lemon ,
make lemonade**

Idiom that used to inspire optimism in the face of adversity. The lemons represent bitterness and life challenges, whereas to make lemonade is to change the negative into positive.

Do me a lemon



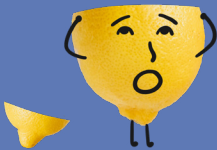
An alternative version of do me a favour. It is used to express disbelief, meaning "you must be joking"; "I can't believe this"; "that's nonsense".

and slangs about 'Lemon'

Easy peasy lemon squeezy



An elaboration on easy-peasy, presenting no difficulty, used to describe an activity or task is extremely easy or simple.



A lemon

To purchase anything that is worthless or far less valuable than one had been lead to believe.



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