

containers as well as in the ground. Lemon trees do not require pruning except when damaged by cold weather.

Health Benefits of Lemons

Lemons are very high in Vitamin C with a half a cup of juice containing 100% of the RDA. The Vitamin C in lemons is in the form of citric acid which has been shown to help improve the absorption of calcium by the digestive system. They also contain unique flavonoids and are high in antioxidants which can fight free radica