

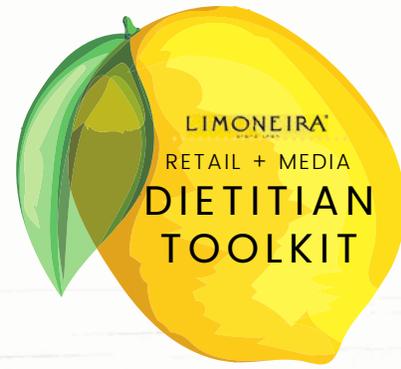
LIMONEIRA[®]
SINCE 1893



RETAIL + MEDIA

DIETITIAN TOOLKIT





GET TO KNOW LIMONEIRA...

The Limoneira Company was founded in Ventura County, California in 1893. Its founders were pioneers of spirit and vision that helped lay the foundations of a thriving California citrus industry. Their dedication and innovation in the agricultural industry helped found and develop many institutions that still exist (Sunkist Growers, Fruit Growers Supply and Diamond Walnut).

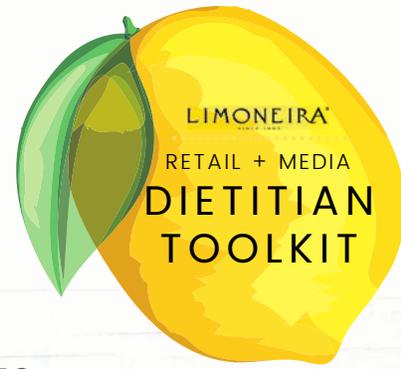
The formation of Limoneira Company had its beginnings when Nathan W. Blanchard and Wallace L. Hardison purchased 413 acres of land from J.K. Gries in 1893.

The company was named Limoneira, meaning lemon lands in Portuguese. The primary crops were lemons, Valencia oranges, and walnuts at that time.

Limoneira Company entered the new century with a growing work force and prosperity. The employment of C.C. Teague as the first General Manager in 1901 had a lasting impact on the development and success of the company. Teague's leadership and innovation set the standards for farming practices. C.C. Teague went on to become Chairman of Sunkist and founded many organizations including Diamond Walnut.

Today, Limoneira has grown to become one of the premier integrated agribusinesses in the world. Limoneira is a dedicated sustainability company with 15,700 acres of rich agricultural lands, real estate properties, and water rights in California, Arizona, Chile and Argentina.

LEMONS + CITRUS



LEMONS FOR CARDIOVASCULAR HEALTH BENEFITS



“Consumption of fruits and vegetables, particularly green leafy vegetables and vitamin C-rich fruits and vegetables, appears to have a protective effect against coronary heart disease.”



Research studies have shown that plant compounds in lemons known as hesperidin and diosmin have been found to lower cholesterol.



Flavonoids have antioxidant properties which can protect cells against oxidative damage, hyperlipidemia and inflammation. Oxidative damage can result in inflammation, a precursor for cardiovascular disease. Research has shown that “citrus flavonoids, because of their unique and enhanced therapeutic properties against different chronic diseases, particularly atherosclerosis” and “improve endothelial function, arterial blood pressure, and lipid metabolism may be responsible for their therapeutic role against atherosclerosis and CVD.”



The consumption of these flavonoids "has been associated with reduced cardiovascular events that can also be associated with obesity, suggesting their cardioprotective potential."



Walking and eating lemons everyday is associated with a decrease in blood pressure, according to a 2014 study published in the Journal of Nutrition and Metabolism.

SOURCES:

<https://www.ncbi.nlm.nih.gov/pubmed/15186844>

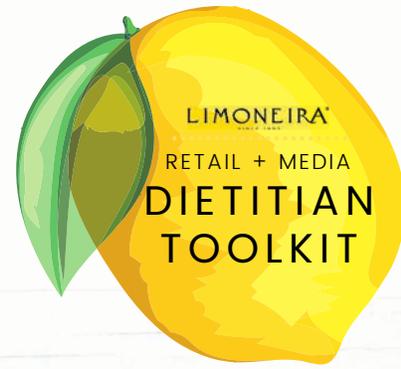
<https://www.ncbi.nlm.nih.gov/pubmed/11412050>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6431442/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6431442/#B162>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4003767/>

LEMONS + CITRUS



LEMONS FOR IMMUNE HEALTH



Did you know that during times of stress and infection, the concentration of vitamin C in your body can decline? One study showed that, "Supplementation of vitamin C was found to improve components of the human immune system such as antimicrobial and natural killer cell activities, lymphocyte proliferation, chemotaxis, and delayed-type hypersensitivity." Vitamin C, that is found in citrus such as lemons plays an important role in immune function!



Having adequate levels of vitamin C has also been shown to be correlated with severity and duration of sickness, specifically respiratory sickness such as the common cold. Squeezing lemon juice into water, tea or adding it into recipes is a great way to support your immune system throughout the year and even ward off sickness before it starts.

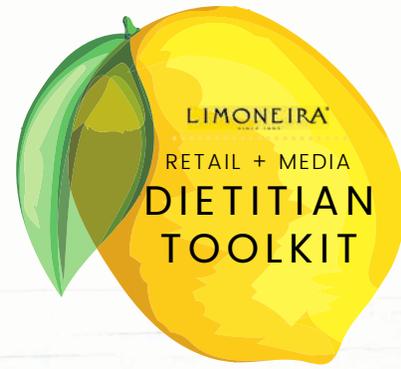


Natural antioxidants found in lemons fight free radicals by preventing cell damage. Your cells need these antioxidant defenses in order to protect your immune system and keep you healthy. These antioxidants, "improve different immune function exhibiting an important protective role in infections caused by bacteria, viruses or parasites." Lemons are a great way to get in these antioxidants and protect your cells.

SOURCES:

<https://pubmed.ncbi.nlm.nih.gov/16373990/>
<https://pubmed.ncbi.nlm.nih.gov/21506934/>

LEMONS + CITRUS



LEMONS FOR POTENTIAL TO PREVENT CANCER



This 2015 study showed that nutrients in lemon juice successfully inhibited the growth of several types of cancer cells. This research suggests that it may be possible to use lemon juice as an approach in cancer treatment.



A flavonoid found in lemons known as hesperidin, may have cancer-preventing properties. Research shows that "Hesperidin inhibited both basal and testosterone-induced proliferation of LNCaP cells."



D-limonene is another compound found in lemons that may also have cancer fighting properties. One study done showed that "The multiple effects of limonene are attainable at a high therapeutic ratio, suggesting that limonene and related monoterpenes may be effective in the chemoprevention and chemotherapy of human malignancies."

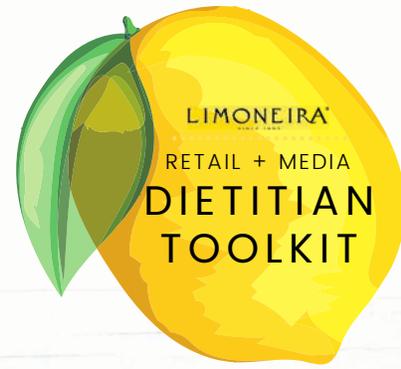


These few research articles are exciting and further research should be done on lemons and lemon juice to see how they may benefit cancer treatment in the future.

SOURCES:

<https://www.ncbi.nlm.nih.gov/pubmed/26098775>
<https://www.ncbi.nlm.nih.gov/pubmed/19548283>
<https://www.ncbi.nlm.nih.gov/pubmed/7948106>

LEMONS + CITRUS



LEMONS FOR ANTI-AGING & SKIN HEALTH



Oxidative damage from the build up of free radicals speeds up the aging process which can result in wrinkles, age spots, dryness and decreased elasticity. Vitamin C has been shown to reduce these free radicals and inhibit oxidation.



Research studies have shown that antioxidants may help slow aging and improve skin health. Vitamin C is a powerful antioxidant found in citrus, both juice and peel.



Skin fibroblast need vitamin C for the synthesis of collagen. This is why vitamin C is important for skin elasticity. "Good skin health has also been positively associated with fruit and vegetable intake in a number of well-executed intervention studies."



Numerous clinical studies have also shown that vitamin C aids greatly in wound healing and minimizes raised scar formation.



From dryness to wrinkles, the consumption of lemons is an easy place to start when it comes to skin health and potentially slowing down the aging process.

SOURCES:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5579659/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2685276/>

CITRUS QUICK FACTS



CLASSIC LEMON

Juice is acidic and tart. High in vitamin C and good for immune support.



TANGERINES

Contains vitamin A which may support eye health and immunity.



MEYER LEMON

Highly fragrant juice and zest. Also, a good source of potassium.



GRAPEFRUIT

With a tinge of bitterness, grapefruit contains fiber which is great for digestion.



PINK LEMON

Less acidic than classic lemons and is a good source of calcium.



LIMES

Contains small amounts of B vitamins, phosphorus and magnesium.



NAVEL ORANGE

Can be sweet, tangy and tart. Excellent source of fiber and beta-carotene.



MANDARINS

Sweet flavor and full of antioxidants that fight free radicals and protect cells.

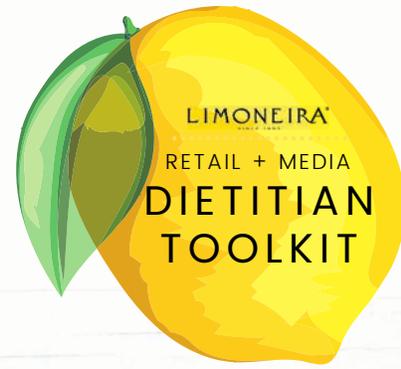
12 MONTH CITRUS CALENDAR



All things citrus, all year long! We've created a 12-month calendar with activation ideas centered around monthly holidays and health initiatives. From National Muffin Day to Better Breakfast Month, citrus fruits are versatile and a great addition to recipes, DIY projects, an at-home beauty routine, greener cleaner, decorating and beyond!



JANUARY



January is the time of year when many are ready to refocus their health and wellness goals. Nourishing recipes made with real, whole foods are a wonderful way to support overall health! Citrus fruits are versatile and great in a variety of recipes from sweet to savory. Another fun way to celebrate healthier eating in January is with National Green Juice Day on January 26th!

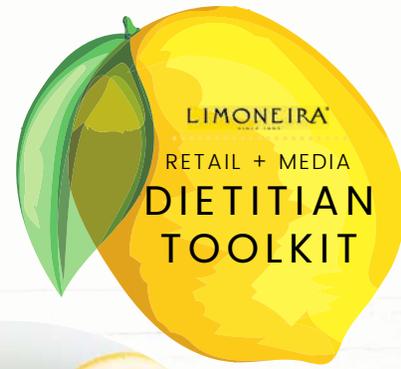
ACTIVATION IDEAS

- NOURISHING NEW YEAR
- NATIONAL GREEN JUICE DAY

CITRUS SOUND BITES

- 🍋 ONE: Juicing is an easy way to consume a high concentration of nutrients from produce such as citrus!
- 🍋 TWO: Have half a lemon leftover from a recipe? Squeeze it in water and sip throughout the day.
- 🍋 THREE: Make homemade dressing using lemon juice as the base!

JANUARY



CITRUS CONTENT INSPIRATION!

MEYER LEMON PREBIOTIC JUICE

SERVES 1

INGREDIENTS:

2 Limoneira Meyer lemons
1 bunch dandelion greens
2 leeks
1/2 inch fresh ginger

DIRECTIONS:

Wash dandelion greens and leeks. Peel and slice ginger. Chop Meyer lemons. Remove the ends but keep the peel intact. Add all ingredients to your juicer. Pour into glass with ice and enjoy!

*Note: This juice is not sweet. If you are new to juicing add an apple!



ROASTED LEMON CHICKPEA SALAD

SERVES 3-4

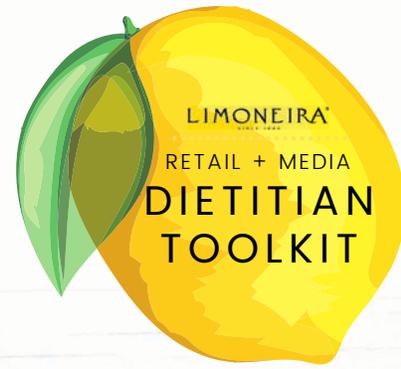
INGREDIENTS:

2 Limoneira classic lemons
2-3 cups cooked quinoa
1 can chickpeas, drained & rinsed
1 cup steamed broccoli florets
¼ cup diced red onion
¼ cup diced cilantro
3 tablespoons extra virgin olive oil
½ teaspoon sea salt
½ teaspoon black pepper

DIRECTIONS:

Preheat oven to 400 degrees Fahrenheit. Add chickpeas to a bowl with some lemon zest, juice from half a lemon, drizzle of olive oil, sprinkle of sea salt & black pepper. Stir to combine. Add to a baking sheet & roast chickpeas for 20 mins. In a large bowl, add cooked quinoa, chickpeas, broccoli, red onion, cilantro, olive oil, sea salt, pepper & juice from other half of lemon. Stir to combine and enjoy!

FEBRUARY



February is the month of love! From Valentine's to American Heart Month to National Muffin Day on February 20th, there is so much to celebrate! Citrus fruits can be part of a heart healthy diet and are a great way to naturally flavor recipes from cookies, muffins, oatmeal and more!

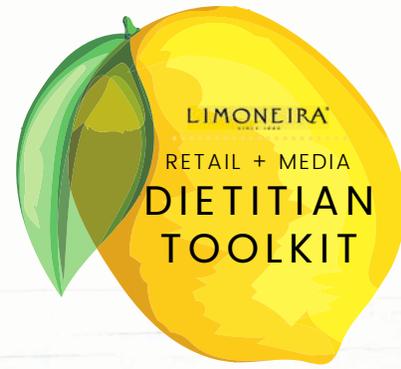
ACTIVATION IDEAS

- AMERICAN HEART MONTH
- VALENTINE'S DAY
- NATIONAL MUFFIN DAY

CITRUS SOUND BITES

- 🍋 ONE: Add citrus to your Valentine's Day charcuterie board for a quick and healthy snack!
- 🍋 TWO: The flavonoids found in citrus may reduce the risk of heart related diseases!
- 🍋 THREE: Prep your muffins ahead of time for a quick grab-n-go breakfast or snack throughout the week.

FEBRUARY



CITRUS CONTENT INSPIRATION!

BLOOD ORANGE HEART SHAPED COOKIES

MAKES 10 COOKIES

INGREDIENTS:

2 Limoneira blood orange zest
2 cups blanched almond flour
1/4 cup melted coconut oil
1/2 teaspoon baking soda
1 teaspoon pumpkin pie spice
1/4 cup real maple syrup

ICING:

1 cup powdered sugar
2 tablespoons blood orange juice



DIRECTIONS:

Preheat oven to 350 degrees F. In a large bowl, stir flour, orange zest, baking soda & pumpkin spice. Add syrup & oil & stir to form batter. Roll out dough & using a heart shape cookie cutter, cut into heart cookies. Bake for 10 mins. Meanwhile, in a large bowl add powdered sugar & orange juice & whisk together. Drizzle over cookies!

CHOCOLATE ORANGE HEART BITES

MAKES 14 BITES

INGREDIENTS:

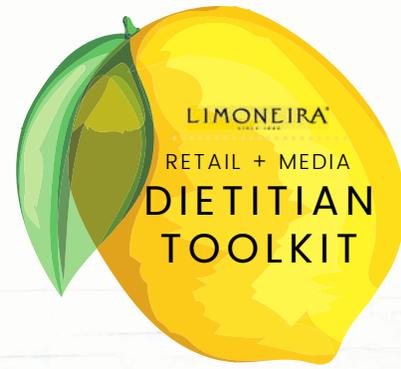
1 Limoneira navel orange
20 pitted dates
1/2 cup pecans
1/2 cup dark chocolate
Pinch of sea salt

DIRECTIONS:

Using a double boiler, melt the chocolate. With a heart shaped candy mold, pour in the melted chocolate halfway. Chill in the refrigerator overnight. In a food processor, add pitted dates, pecans, salt and orange zest. Pulse until crumble forms. Add mixture to fill in the rest of the heart shaped mold and push down to set. Freeze for 3+ hours. Push out of molds and enjoy!



MARCH



Spring cleaning and clean eating is in the air! In addition to nourishing recipes for National Nutrition Month, this month we also focus on organizing and cleaning! Similar to the foods we eat, the products we use in our home and on our body can impact our health. Citrus fruits are a wonderful additional to a safer DIY non-toxic cleaning solution.

ACTIVATION IDEAS

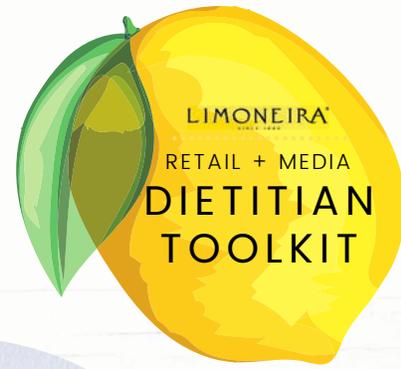
- SPRING CLEANING

- NATIONAL NUTRITION MONTH

CITRUS SOUND BITES

- 🍋 ONE: Lemons are great for cleaning because the acid they contain is antibacterial and antiseptic!
- 🍋 TWO: To celebrate Nutrition Month, add mandarins or oranges in your kids lunch for some immune supporting vitamin C!
- 🍋 THREE: Add some sliced citrus to your water for a refreshing and fun way to stay hydrated!

MARCH



CITRUS CONTENT INSPIRATION!

LEMON WINDOW CLEANER

INGREDIENTS:

- 1 cup water
- 2 Limoneira lemons
- Spray bottle

DIRECTIONS:

Juice 2 lemons and then measure out 2 tablespoons of juice into a small bowl. Strain juice to get rid of any extra pulp. Pour water into spray bottle and add in lemon juice. Shake bottle and you are ready to clean!



LEMON COCONUT CHICKPEA SOUP

SERVES: 2

INGREDIENTS:

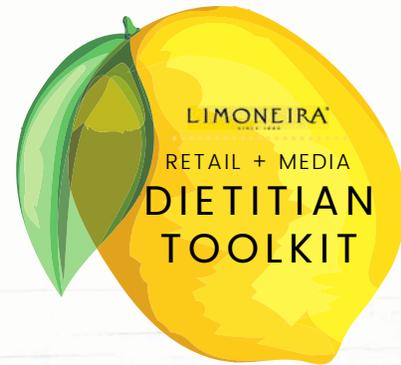
- 1 tablespoon coconut oil
- 1/2 onion, diced
- 3 large carrots, diced
- 3 celery stalks, diced
- 2 cups water
- 1 cup coconut milk
- 1 Limoneira lemon
- 1/2 teaspoon dried basil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 (15-ounce) can of chickpeas, drained and rinsed
- 1/2 cup dry brown rice

DIRECTIONS:

In a large soup pot over medium heat, add coconut oil & diced onion & sauté for 5 mins. Add in carrots & celery & sauté for 10 mins. Add in water, coconut milk, juice from lemon, basil, salt, pepper, chickpeas & brown rice. Stir until everything is combined & simmer on low for 30 mins or until rice is tender. Enjoy!



APRIL



The month of April is the perfect time to reflect on sustainability and protecting our environment. While keeping up with caring for the environment may seem like a daunting task, even a small step helps and matters! This month we have some great tips to practice eco-friendly habits into your daily routine year-round!

ACTIVATION IDEAS

- EARTH DAY
- SUSTAINABILITY

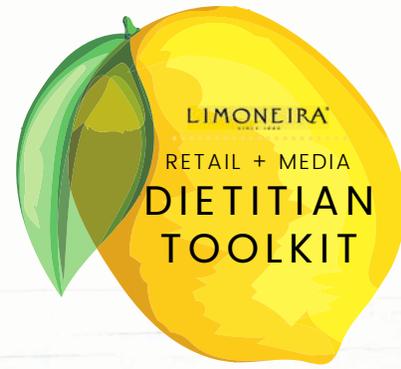
CITRUS SOUND BITES

 ONE: Leftover citrus can be used in a variety of ways from cleaning to gardening.

 TWO: Don't throw away produce stems. They can be used in smoothies, soups and sauces!

 THREE: Lemon zest is a great addition to recipes by adding a fresh taste and plenty of nutrient benefits!

APRIL



CITRUS CONTENT INSPIRATION!

3 TIPS TO BE MORE SUSTAINABLE AT HOME

ONE: Add citrus peels to your garden. Insects & other bugs do not like the smell and will stay away. In addition, as the peels break down over time, they will provide nitrogen, phosphorous & potassium to your soil. Tear your peels into small pieces & partially cover them with soil.

TWO: Use juiced citrus and salt to scrub your sauté pans clean. This also works well on the kitchen sink, glass or ceramic bakeware. This cleaner is all natural & non-toxic.

THREE: Do not throw out lemon halves after you juice them. Instead of using environmentally harmful bleach, simply add the lemon halves to a large pot of water & bring to a boil. Then turn the heat off & add dingy whites, such as undershirts & let them soak overnight. Wash as usual & you will have brighter whites!



5 SIMPLE SUSTAINABILITY TIPS

SHORTER SHOWERS: Just a 5 min shower can result in 10-25 gallons of water! Keep your shower short, which is better for your wallet & the environment.

REUSABLE GROCERY BAGS: Opt to bring your own reusable grocery bag! You can even find smaller bags specifically for all your produce!

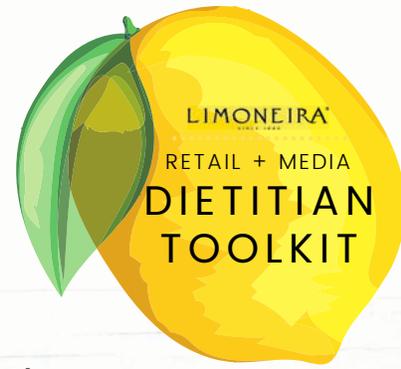
EAT SEASONAL: Eating seasonally can be more affordable and nutrient dense! Citrus is such a versatile fruit and is available year-round thanks to the Limoneira One World of Citrus™ campaign!

REDUCE – REUSE – RECYCLE: If you have lots of containers & glass jars, save them & reuse them for food storage or take them to the store to fill up on bulk items!

REUSABLE STRAWS: Use a glass, metal or reusable straw! Did you know that every day in the United States, it's estimated that we use over 500 million plastic straws!



MAY



It's May, which means we are excited to celebrate all the incredible moms and women in our life! This month we have a variety of simple recipe and DIY ideas to celebrate and pamper your favorite gal!

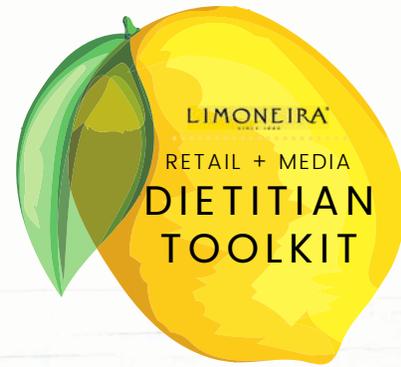
ACTIVATION IDEAS

- MOTHER'S DAY
- WOMEN'S HEALTH DAY
- NATIONAL HIGH BLOOD PRESSURE EDUCATION MONTH

CITRUS SOUND BITES

- 🍊 ONE: The ascorbic acid found in citrus is great for skin health because it aids in collagen production, which maintains the elasticity of your skin.
- 🍊 TWO: Exfoliating with citrus clears old, dead skin cells and gives you clean, glowing skin!
- 🍊 THREE: The vitamin C in citrus may ease anxiety and reduce stress.

MAY



CITRUS CONTENT INSPIRATION!

LEMON LAVENDER BLUEBERRY MUFFINS

MAKES 12 MUFFINS

DRY INGREDIENTS:

1.5 cups gluten-free baking flour

1 cup sugar

2 teaspoons culinary lavender

2 teaspoons baking soda

Pinch of sea salt

WET INGREDIENTS:

1 cup unsweetened non-dairy milk

3 tablespoons Limoneira lemon juice

1/3 cup coconut oil

2 eggs

TOPPINGS:

Frozen blueberries

DIRECTIONS:

Preheat oven to 350 degrees F. Add dry ingredients into food processor & blend until combined. Add wet ingredients into food processor with the dry & blend until a smooth batter forms. Pour batter into non-stick or lightly greased muffin tin & top with frozen blueberries. Bake for 35 mins or until slightly browned. Let cool on cooling rack & enjoy!



ORANGE LAVENDER TUB TEA

INGREDIENTS:

1/4 cup dried orange peel

1/4 cup epsom salt

1/3 cup rolled oats

2 tablespoons dried lavender

Cheesecloth bag

DIRECTIONS:

Fill cheesecloth bag with all ingredients and tie bag shut. Add to hot bath and enjoy the soak!

JUNE



In June we celebrate dads and grads! This month calls for delicious festive recipes to honor these special people in your life. Citrus fruits are refreshing and a great way to add natural flavor and nutrition to any recipe from sweet to savory!

ACTIVATION IDEAS

- GRADUATION
- FATHER'S DAY
- MEN'S HEALTH MONTH

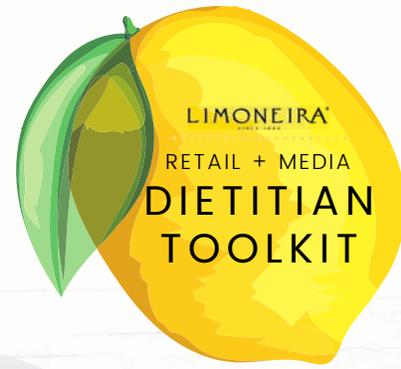
CITRUS SOUND BITES

 ONE: A bowl of citrus is great for centerpieces and can be a beautiful addition to your home or party.

 TWO: Surprise dad in the morning with homemade cold brew made with orange and ginger for a citrus twist!

 THREE: Citrus fruits are rich in nutrients that may reduce inflammation and improve gut health!

JUNE



CITRUS CONTENT INSPIRATION!

BREAKFAST SANDWICH

SERVES 1

INGREDIENTS:

- 1 Limoneira classic lemon
- ½ avocado
- 1 english muffin
- 1-2 eggs
- Pinch of sea salt
- 2 slices turkey bacon

DIRECTIONS:

In a medium saucepan, cook turkey bacon and eggs how you like. Toast English muffin. Add avocado to a bowl with sea salt & juice from half a lemon and mash with a fork. Assemble sandwich with avocado mash, eggs & turkey bacon.



LEMON SPINACH ARTICHOKE DIP

SERVES 4-6

INGREDIENTS:

- 1 Limoneira lemon
- 8 oz cream cheese or vegan chive cream cheese
- 2 (14-ounce) cans artichoke hearts, chopped
- 2 cups spinach
- 1/2 cup shredded cheese or vegan mozzarella
- 1 teaspoon minced garlic
- 1/4 teaspoon sea salt
- 1/4 teaspoon black pepper

DIRECTIONS:

Preheat oven to 350 degrees Fahrenheit. In a large bowl, add all the ingredients including zest from lemon as well as juice from lemon. Stir together until mixture is fully incorporated. Add dip mixture to a baking dish, topped with some extra vegan cheese and bake for 25 minutes. Enjoy!



JULY



Summer is in full swing! With Independence Day approaching, spending time outdoors and enjoying a summer-themed meal may be on the mind. This month enjoy grilling, fresh salads, hydrating fruits and a tall glass of lemonade made with Limoneira lemons.

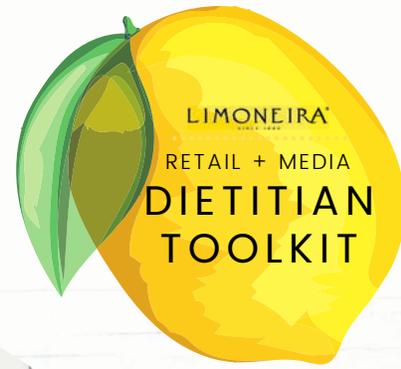
ACTIVATION IDEAS

- INDEPENDENCE DAY
- SUMMER GRILLING

CITRUS SOUND BITES

- 🍋 ONE: Did you know that you can grill citrus before adding to your food? Grilled lemons will add subtle smoky taste!
- 🍋 TWO: Citrus works as a great base to a homemade marinade before grilling!
- 🍋 THREE: Involve the family by letting everyone pick out a different citrus to add into water or make a homemade lemonade!

JULY



CITRUS CONTENT INSPIRATION!

RED, WHITE & BLUE LEMONADE

SERVES 4

INGREDIENTS:

- 4 Limoneira classic lemons
- 1 cup sugar
- 1 cup boiling water
- ¼ cup blueberries
- ¼ cup raspberries
- 2 apples
- 2-3 skewers
- Small star cookie cutter



DIRECTIONS:

Begin by cutting stars out of your apples. Add apple stars and berries to each skewer. Freeze for 3+ hours, the fruit will replace ice! Juice lemons into a pitcher, add sugar, boiling water and stir. Fill the pitcher to the top with 3 cups of cold filtered water. To serve, add the frozen skewers and after a few minutes the berries will tint and naturally flavor the lemonade.

CITRUS MAPLE GRILLED SALMON

SERVES 2

INGREDIENTS:

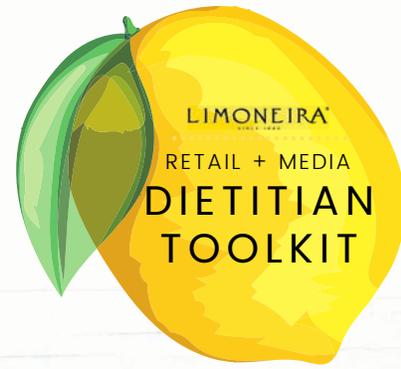
- 2 (6-oz) salmon fillets
- 1 Limoneira grapefruit, juiced
- 1 Limoneira lime, juiced
- Small bunch parsley, finely chopped
- 2 tablespoons extra virgin olive oil
- 2 tablespoons real maple syrup
- 1/2 teaspoon salt
- 1/2 teaspoon ginger powder
- 1/4 teaspoon pepper

DIRECTIONS:

In a large bowl, add juiced grapefruit and lime, chopped parsley, olive oil, maple syrup and spices. Whisk together and marinate with salmon 1.5 hours. Grill on medium-high heat until an internal temperature of 145 degrees Fahrenheit is reached.



AUGUST



Happy August! If you love lemons, this is the month where lemons shine! In August we celebrate 3 lemon holidays from National Lemon Meringue Pie Day, National Lemonade Day and National Lemon Juice Day. We hope you can celebrate each of these holidays with some refreshing and delicious treats!

ACTIVATION IDEAS

- NATIONAL LEMONADE DAY
- NATIONAL LEMON JUICE DAY
- NATIONAL LEMON MERINGUE PIE DAY

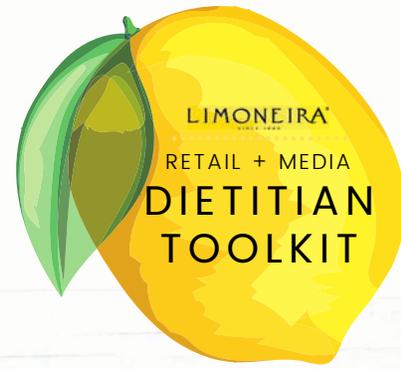
CITRUS SOUND BITES

 ONE: Freeze lemon juice in an ice cube tray, and add into water for a refreshing drink on National Lemon Juice Day!

 TWO: Lemons contain minerals such as copper, calcium, iron and potassium!

 THREE: One lemon contains more than your daily value of vitamin C!

AUGUST



CITRUS CONTENT INSPIRATION!

LEMON MERINGUE TART

MAKES 8-10 SLICES

FILLING INGREDIENTS:

1 cup lemon curd

TART CRUST INGREDIENT:

½ cup oat flour

½ cup tapioca flour

¼ cup soft coconut oil

2 tablespoons maple syrup

1/8 teaspoon sea salt

2 tablespoons ice-cold water

MERINGUE INGREDIENTS:

3 egg whites (room temperature)

¼ cup sugar

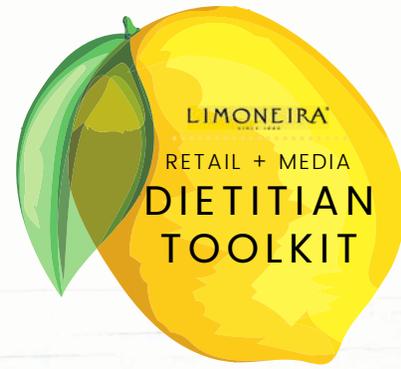
¼ teaspoon lemon juice



DIRECTIONS:

Preheat oven to 350 degrees F. Add oat flour, tapioca flour, oil & sea salt to a food processor & pulse until crumbly mixture is formed. Add the maple syrup & ice-cold water & pulse until the dough starts to form. Press dough into a ball & roll out between two non-stick surfaces, such as a silicone baking mat & parchment paper. Add the dough to your tart pan & bake for 15 mins. Meanwhile, add egg whites to a mixing bowl & mix until frothy. Add lemon juice & keep whisking until soft peaks form. Finally, add the sugar slowly while whisking, & whisk until medium/soft peaks form. Once your tart has baked, add your lemon curd & then top with meringue. Bake at 425 degrees F for 10-15 minutes, until top is lightly browned. Add some fresh lemon zest & enjoy!

SEPTEMBER



It's back to school season, which means simple meal prep tips, healthy lunch box ideas and nutritious afternoon snacks! Citrus is a delicious addition in kid friendly meals and speedy weeknight suppers is a great way to support the immune system!

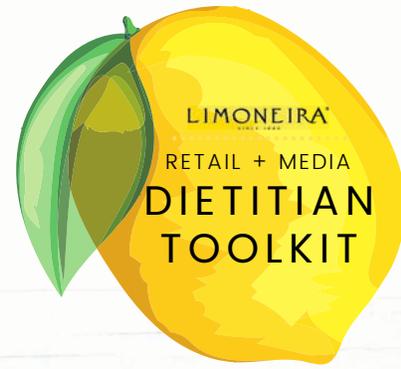
ACTIVATION IDEAS

- BACK TO SCHOOL
- BETTER BREAKFAST MONTH
- HEALTHY AGING MONTH

CITRUS SOUND BITES

- 🍋 ONE: Meal prep grab-n-go breakfasts and snacks over the weekend such as granola bars, muffins and bread!
- 🍋 TWO: Squeeze lemon juice over diced apples and avocado to delay browning.
- 🍋 THREE: Adding citrus into baked goods is an easy way to add flavor and extra nutrients!

SEPTEMBER



CITRUS CONTENT INSPIRATION!

LEMON HUMMUS ROLL UPS WITH VEG & FRUIT

SERVES 2

INGREDIENTS:

- 1 can chickpeas, drained & rinsed
- 1/4 cup tahini
- 2 Limoneira lemons
- 3 tablespoons olive oil
- 2 garlic cloves
- Pinch of sea salt
- Tortilla
- Cucumber, sliced
- Carrots
- Snap peas
- Raspberries

DIRECTIONS:

Add chickpeas, tahini, juice from lemons, olive oil, sea salt and garlic cloves to a food processor. Blend until smooth. Spread some hummus over tortilla slice & add sliced cucumber. Roll up tortilla and slice. Add to lunchbox with carrots, snap peas & raspberries.



SPICED LEMON BLENDER BREAD

MAKES 8-10 SLICES

INGREDIENTS:

- 1 Limoneira classic lemon, zest and juice
- 1 cup gluten-free baking mix
- 1/2 cup cornmeal
- 1/2 cup organic sugar
- 1 teaspoon ground turmeric
- 1 teaspoon ground ginger
- 2 teaspoons baking soda
- 1/4 cup coconut oil
- 1 cup coconut milk beverage
- 2 eggs

DIRECTIONS:

Preheat oven to 350 degrees F. Add all the ingredients to a blender & blend until smooth. Pour batter into bread pan & bake for 1 hour. Slice & enjoy!



OCTOBER



October means fall is in full swing and yummy treats are being made. Since it is also National Dental Hygiene Month, we love making desserts that are made with real ingredient to savor the flavors of the season with a boost of vitamins and minerals!

ACTIVATION IDEAS

- HALLOWEEN
- SWEET & SPOOKY HEALTHIER TREATS
- NATIONAL BREAST CANCER AWARENESS MONTH
- NATIONAL DENTAL HYGIENE MONTH

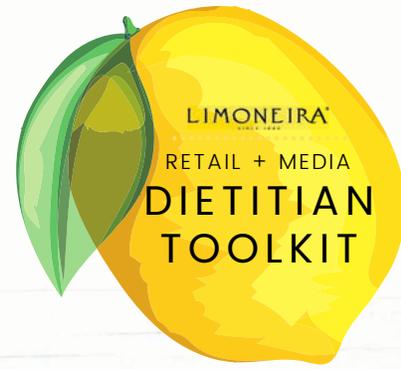
CITRUS SOUND BITES

 ONE: Use mandarins to make cute pumpkin snacks! Top with a pretzel stick and mint for a complete pumpkin look!

 TWO: Finish off your favorite soups with a squeeze of citrus for a more dynamic flavor!

 THREE: Orange and pumpkin is a great flavor combo! From fudge & cookies, to curry!

OCTOBER



CITRUS CONTENT INSPIRATION!

ORANGE DARK CHOCOLATE FUDGE

MAKES 16 PIECES

INGREDIENTS:

- 1/4 cup Limoneira navel orange juice
- 2 cans coconut milk
- 3.5 cups mini dark chocolate chips
- 1/2 cup organic sugar
- 2 tablespoons cacao powder
- 1 teaspoon cinnamon
- 1/2 teaspoon sea salt
- 3/4 cup chopped pecans



DIRECTIONS:

Add coconut milk, orange juice & sugar to a soup pot. Bring to a boil & lower the heat to simmer for 30-45 mins. Reduce liquid to 2 cups. Remove pot from heat & add chocolate chips, cacao powder, cinnamon & sea salt. Stir until chocolate chips are melted & ingredients are fully combined. Pour in a baking dish lined with wax paper & top with orange zest & chopped pecans. Place in fridge & chill for at least 6 hours before cutting & serving.

EASY ORANGE PUMPKIN SNACK

MAKES DESIRED AMOUNT

INGREDIENTS:

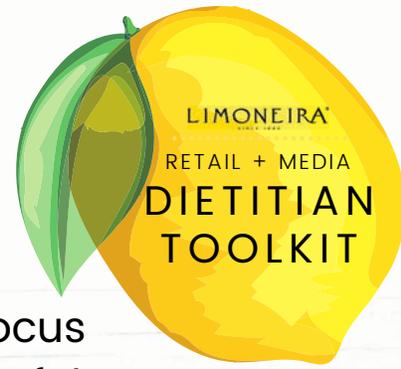
- Limoneira mandarin oranges
- Fresh mint
- Fresh dill
- Pretzel sticks

DIRECTIONS:

Peel mandarin oranges and add to a serving platter. Add fresh dill, mint and a pretzel stick on the top of the oranges to resemble a pumpkin. Serve and enjoy!



NOVEMBER



In November we take time to savor the season and focus on what and who we are grateful for. Food is a wonderful addition to any celebration and a great way to honor traditions or create new memories! Once again, citrus fruits are a staple for seasonal cooking and baking. From Citrus Rosemary Gravy to comforting Orange Sweet Potato Chili, there is something for everyone!

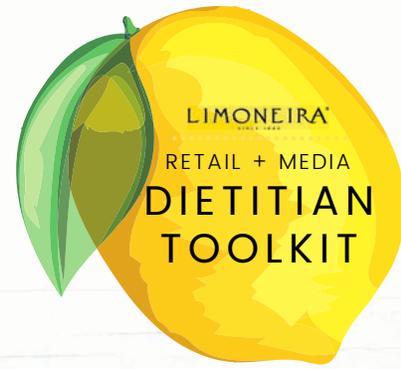
ACTIVATION IDEAS

- THANKSGIVING
- AMERICAN DIABETES MONTH

CITRUS SOUND BITES

- 🍋 ONE: Citrus looks beautiful in a DIY Thanksgiving tablescape that can be made with lemons, unscented candles and greenery.
- 🍋 TWO: The fiber found in citrus can slow digestion and help you avoid a spike in blood sugar.
- 🍋 THREE: Citrus may have a positive influence on A1C and may even help lower inflammation.

NOVEMBER



CITRUS CONTENT INSPIRATION!

LEMON ROSEMARY GRAVY & MASHED POTATOES

SERVES 4

MASHED POTATO INGREDIENTS:

- 3 large potatoes, peeled & sliced
- 2 tablespoons olive oil
- 1/4 cup canned coconut milk
- 1/4 teaspoon salt

GRAVY INGREDIENTS:

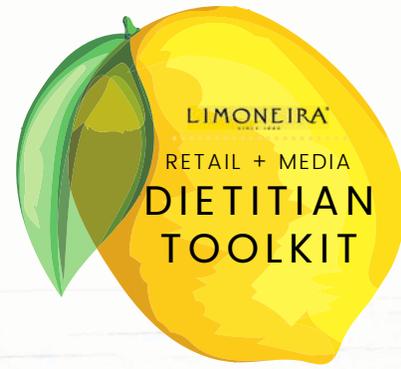
- 1 Limoneira lemon
- 1 cup soup stock
- 2 tablespoons extra virgin olive oil
- 2 1/2 cups sliced mushrooms
- 1/2 cup diced onion
- 1 sprig rosemary
- 1/4 teaspoon black pepper
- 1/2 teaspoon sea salt



DIRECTIONS:

Place potatoes in boiling water & cook until soft. Meanwhile, make gravy using a large saucepan over medium heat & add oil, onion & mushrooms. Sauté for 15 mins. Add mixture to blender with juice from lemon, stock & seasonings. Blend until smooth. Once potatoes are soft, mash in large bowl & add in milk, olive oil & salt. Stir until creamy consistency. Top potatoes with gravy & enjoy!

DECEMBER



Happy December! We love this time of year! From holiday music and movies, to slowing down and savoring time with friends and family, holiday treats and seasonal flavors! It is the time of year to decorate and enjoy all things festive! Citrus is not only great in recipes, they are wonderful for decorating such as DIY Dried Orange Christmas Ornament!

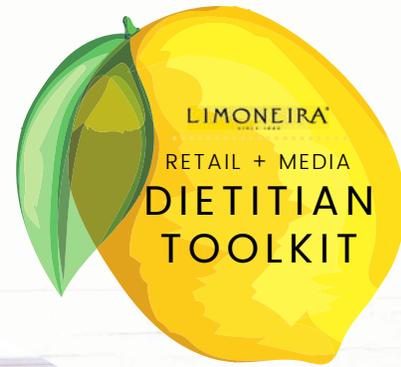
ACTIVATION IDEAS

- DECORATING WITH CITRUS & HOLIDAY RECIPES
- CHRISTMAS
- HANUKKAH
- NEW YEAR'S EVE

CITRUS SOUND BITES

- 🍊 ONE: Dried citrus works great in DIY garlands, table settings and homemade potpourri.
- 🍊 TWO: Peeled and sliced citrus tastes great and looks beautiful in your favorite winter salad!
- 🍊 THREE: Spice up your hot coco with a squeeze of orange or make your own homemade apple orange cider!

DECEMBER



CITRUS CONTENT INSPIRATION!

CITRUS GARLAND

INGREDIENTS:

Garland greenery
Dried Limoneira orange slices
Ornament hooks

DIRECTIONS:

Poke the ornament hooks into the dried Limoneira oranges or lemon slices. String your garland greenery along your fireplace or anywhere that you choose. Hang the dried oranges or lemons as closely or as far apart as you want.



BLOOD ORANGE UPSIDE DOWN CAKE

MAKES 8 SLICES

INGREDIENTS:

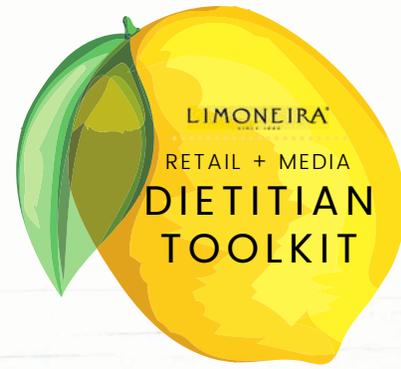
3 Limoneira blood oranges
1 Limoneira lemon (3 tablespoons juiced)
1 cup non-dairy milk
1/3 cup coconut oil
2 eggs or vegan egg substitute
1/2 cup coconut flour
1 cup gluten free 1-to-1 baking flour
1/2 cup cane sugar
1/2 teaspoon turmeric
1/2 teaspoon ginger
2 teaspoons baking soda
Pinch of sea salt



DIRECTIONS:

Preheat oven to 350 degrees Fahrenheit; peel & slice blood oranges. Using a springform pan, layer oranges in single layer on the bottom of the pan. Using a large bowl, add all the dry ingredients & whisk together. In a medium bowl, add the wet ingredients & whisk together. Pour wet into dry ingredients & stir until combined. Pour batter on top of oranges & spread into an even layer. Bake for 50 mins. Once cake has cooled, remove form, flip over & enjoy!

QUICK RECIPE GUIDE



We love lemons and all things citrus and are never short on citrus-themed content! On the following pages please enjoy breakfast, lunch, dinner, snacking, sipping, deserts, holiday, cleaner beauty and non-toxic cleaning ideas featuring Limoneira citrus!



QUICK RECIPE GUIDE



CITRUS FOR BREAKFAST

BLUEBERRY OVERNIGHT OATS

SERVES 1

INGREDIENTS:

- 1 Limoneira classic lemon
- 1/2 cup rolled oats
- 1 cup non-dairy milk
- 3 tablespoons chia seeds
- 1 cup blueberries

DIRECTIONS:

In a large bowl add oats, non-dairy milk, chia seeds, zest from lemon and juice from lemon. Stir to combine. Cover and place in fridge overnight. In a jar or bowl, add serving of overnight oats and layer with fresh blueberries.



CITRUS AVOCADO TOAST

SERVES 2-3

INGREDIENTS:

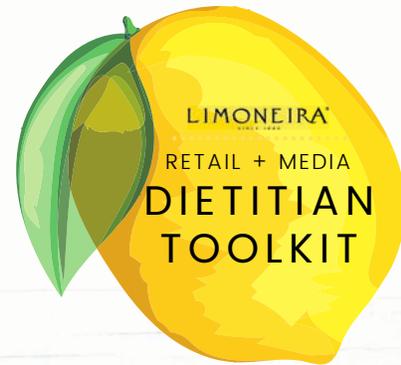
- 1/2 Limoneira navel orange
- 1 tablespoon Limoneira lemon juice
- 1 avocado
- 3 slices bread of choice
- 2 radishes
- 1/4 teaspoon sea salt
- 1 tablespoon hemp hearts
- Fresh mint leaves

DIRECTIONS:

Cut avocado in half, remove pit and scoop into a bowl with lemon juice and sea salt. Mash together. Slice radishes into thin rounds and peel then cut orange. Toast bread and spread on a layer of avocado mash and top with radishes, orange, hemp hearts and mint.



QUICK RECIPE GUIDE



CITRUS FOR LUNCH

LEMON CHICKEN SPRING SOUP

SERVES 4

INGREDIENTS:

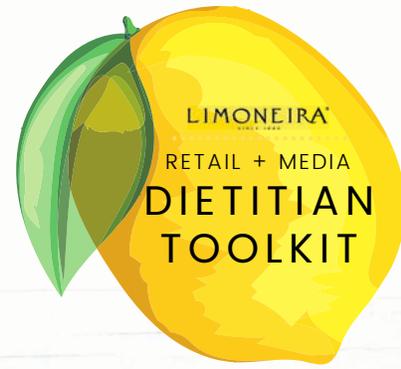
- 1/2 cup diced onion
- 1/2 cup diced celery
- 1/2 cup diced carrots
- 2 tablespoons cooking oil
- 2 teaspoons minced garlic
- 1 chicken breast
- 3 cups soup stock
- 1 box pre-cooked pasta
- 1 teaspoon yellow mustard
- 1 cup green peas
- 1 Limoneira classic lemon
- Micro greens
- Pea pods
- Radish



DIRECTIONS:

Using an Instant pot, add onion, celery, carrots, garlic and cooking oil and set to sauté for 5 mins. Add in chicken breast and soup stock and set to seal high pressure for 8 minutes. Quick release, remove chicken and shred with two forks. Add chicken back into pot along with lemon zest, juice of full lemon, green peas, pre-cooked pasta, and mustard. Ladle soup into bowls and top with micro greens, pea pods and radish slices!

QUICK RECIPE GUIDE



CITRUS FOR DINNER

ORANGE CAULIFLOWER QUINOA BOWL

SERVES 4

INGREDIENTS:

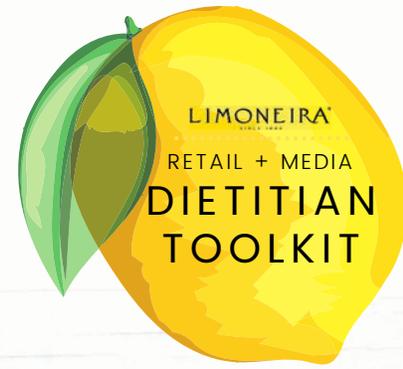
1/2 cup Limoneira navel orange & water
2 tablespoons rice vinegar & soy sauce
3 tablespoons sweet chili sauce
1 tablespoon orange zest
1 tablespoon cornstarch
1/4 teaspoon ginger powder & garlic powder
Cooked quinoa
Cauliflower florets
Gluten-free baking flour
Coconut flour
Green onion
Whisked egg



DIRECTIONS:

Preheat oven to 425 degrees F. In a saucepan, whisk all of the sauce ingredients together & simmer for 3 mins. Set aside. Dip cauliflower in gluten-free flour, then egg, then coconut flour. Place breaded florets in baking pan & roast for 30 mins. Once cauliflower is done, spoon over sauce & enjoy with a side of quinoa & garnish with green onions.

QUICK RECIPE GUIDE



CITRUS FOR SNACKING

ORANGE POPPY SEED ZUCCHINI MUFFINS

MAKES 12 MUFFINS

INGREDIENTS:

- 1/2 cup Limoneira navel orange juice
- 2/3 cup non-dairy milk
- 1 cup grated zucchini
- 1.5 cups gluten-free 1-to-1 baking flour
- 2 eggs
- 1/4 cup coconut oil
- 1/2 teaspoon sea salt
- 1 teaspoon baking soda
- 2 teaspoons poppy seeds
- 1/2 cup cane sugar



DIRECTIONS:

Preheat oven to 350 degrees Fahrenheit. In a large bowl whisk the eggs; add coconut oil, non-dairy milk, orange juice and stir to combine. Add in cane sugar, flour, grated zucchini, poppy seeds, sea salt and baking soda and mix until incorporated. Scoop batter onto a non-stick or greased muffin tin and bake for 30 minutes. Let cool on wire rack and enjoy!

LEMON ALMOND COOKIE DOUGH BITES

MAKES ABOUT 12 BITES

INGREDIENTS:

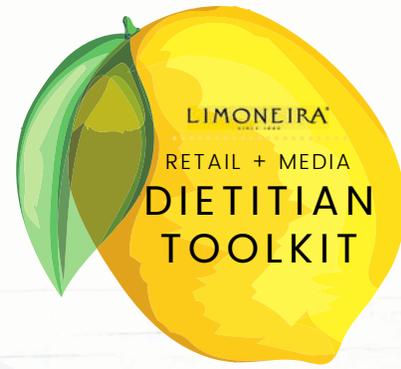
- 1 Limoneira classic lemon
- 2 cups blanched almond flour
- 3 tablespoons coconut oil
- 3 tablespoons maple syrup
- 1 teaspoon vanilla extract

DIRECTIONS:

In a medium sauce pan, melt coconut oil, maple syrup and vanilla extract. Add in zest and juice from half a lemon. Whisk together to combine. Add in almond flour and stir until dough forms. Roll into balls and chill in the fridge for 30+ minutes.



QUICK RECIPE GUIDE



CITRUS FOR SIPPING

ORANGE TURMERIC SMOOTHIE

SERVES 1

INGREDIENTS:

- 1 Limoneira navel orange
- 1/2 inch fresh turmeric, peeled
- 1/4 teaspoon fresh ground black pepper
- 1/2 inch fresh ginger, peeled
- 1 cup frozen cauliflower
- 1 ripe banana
- 1 serving plant-based protein powder
- 1 cup non-dairy milk

DIRECTIONS:

Add all ingredients into a high-speed blender and blend for one minute. Enjoy!



LEMON GREEN SMOOTHIE

SERVES 1

INGREDIENTS:

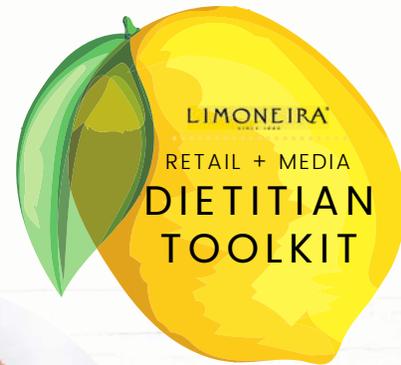
- 1 Limoneira classic lemon
- 2 cups spinach
- 1 ripe banana
- 1 tablespoon ground flax seeds
- 1 teaspoon cinnamon
- 1 serving plant-based protein powder
- 1 cup non-dairy milk

DIRECTIONS:

Add all ingredients into a high-speed blender and blend for one minute. Enjoy!



QUICK RECIPE GUIDE



CITRUS FOR DESSERT

LEMON S'MORE PIE PARFAIT

SERVES 2

INGREDIENTS:

- 1 cup Limoneira lemon juice
- Gluten-free crunchy cinnamon cookies
- 1 package instant pudding
- All natural marshmallows
- Optional: plant-based yellow food coloring

DIRECTIONS:

In a large bowl, add lemon juice, 1 cup water (or milk), instant pudding and optional food coloring. Whisk to combine. On a baking sheet, add marshmallows and broil for 2 minutes. In two mason jars, add a layer of crumbled cinnamon cookies, lemon pudding and then top with toasted marshmallows.



ORANGE TURMERIC COCONUT NICE-CREAM

SERVES 6-8

INGREDIENTS:

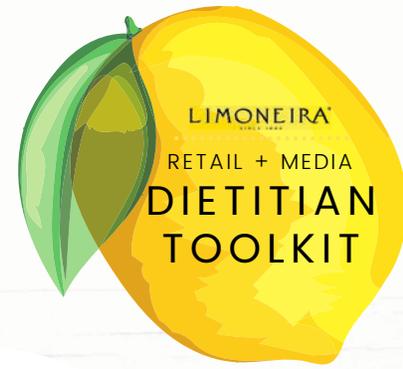
- 2 Limoneira navel oranges
- 2 ripe bananas
- 1 ¼ cup canned coconut milk
- ½ tablespoon turmeric powder

DIRECTIONS:

In a small bowl, add canned coconut milk and turmeric powder. Whisk to combine. Pour mixture into ice cube tray. Peel oranges & bananas and cut into slices. Add slices to baking tray along with ice cube tray and freeze for 3 hours. Put frozen items through a Yonanas machine, high speed blender or food processor to mix and form nice cream! Scoop and enjoy!



QUICK RECIPE GUIDE



CITRUS FOR HOLIDAYS

WINTER CITRUS SPICED WAFFLES

MAKES ABOUT 4 WAFFLES

INGREDIENTS:

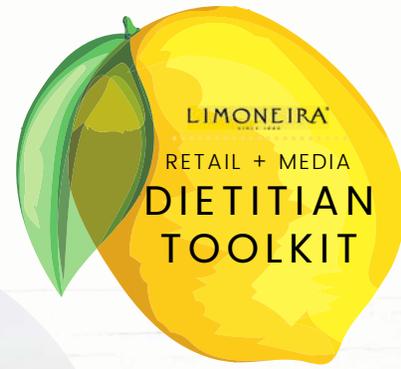
Juice from 1 Limoneira classic lemon
1.5 cups Bob's Red Mill gluten-free baking flour
1 cup non-dairy milk
1 tablespoon extra virgin olive oil
1 egg
1 tablespoon coconut sugar
1 teaspoon baking soda
1/2 teaspoon pumpkin pie spice

DIRECTIONS:

Add lemon juice, olive oil, non-dairy milk & egg to a large bowl & whisk to combine. Add in flour, coconut sugar, baking soda, & pumpkin pie spice & whisk together. Pour waffle batter into greased waffle iron & cook until ready. Top waffles with peeled & sliced fruit, yogurt & fresh mint!



QUICK RECIPE GUIDE



CITRUS FOR HOLIDAYS

ORANGE SPICED HOT COCO

SERVES 2

INGREDIENTS:

- 2 cups non-dairy milk
- 1 teaspoon whole allspice
- 1 teaspoon whole clove
- 1 cinnamon stick
- 1/4 cup Limoneira navel orange juice
- 3 tablespoons coconut sugar
- 3 tablespoons cacao powder

DIRECTIONS:

In a medium saucepan, add orange juice, allspice, clove & cinnamon stick & simmer for 10 mins. Take out spices & add in cacao powder, coconut sugar & milk into orange juice & whisk to combine. Warm on low heat and then pour into mug. Top with whip cream & enjoy!



CARDAMOM ORANGE SUGAR COOKIES

MAKES 12 COOKIES

INGREDIENTS:

- 3 tablespoons Limoneira orange zest
- 2 cups blanched almond flour
- 1/2 teaspoon baking soda
- 1/4 cup real maple syrup
- 1/4 cup melted coconut oil
- 1 teaspoon cardamom
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 2 teaspoons canned coconut milk
- 1/4 cup powdered sugar

DIRECTIONS:

Preheat oven to 350 degrees F. Add flour, zest, baking soda & spices to a large bowl & whisk. Add oil & maple syrup & stir until fully combined. Roll into a ball & place in fridge for 15 mins. Line a baking sheet, place the dough in the center, top with wax paper & roll until about 1/2 cm thick. Cut into squares or use cookie cutter to make preferred shape. Bake for 10 mins. While cookies bake, add coconut milk & powdered sugar to a small bowl & whisk together. Ice cookies once cooled & enjoy!



QUICK RECIPE GUIDE



DIY CLEANER BEAUTY

WHIPPED LEMON LOTION

INGREDIENTS:

1 Limoneira lemon

3-4 drops of lavender essential oil (optional)

1/2 cup soft coconut oil

DIRECTIONS:

Cut lemon in half and juice 1/2 of lemon into a large bowl. Add in lavender essential oil or your favorite scent into bowl. Add in coconut oil and whisk together until you have a fluffy, whipped lotion!



SIMPLE DIY LEMON TONER

INGREDIENTS:

1/2 cup Limoneira classic lemon juice

1 cup filtered water

1/4 cup witch hazel

DIRECTIONS:

Add all ingredients into a jar or bottle with a tight fitting lid and shake to combine.



QUICK RECIPE GUIDE



LEMONS FOR GREEN CLEANING

DIY CITRUS ROSEMARY DISPOSAL CLEANER

INGREDIENTS:

Limoneira navel orange peel
Limoneira classic lemon peel
Fresh rosemary
White vinegar
Ice cube tray

DIRECTIONS:

Chop citrus peels and rosemary and add into ice cube tray. Fill with vinegar and freeze for at least 4 hours. Add frozen cube into disposal.



DIY ALL-PURPOSE CITRUS CLEANER 3 WAYS

INGREDIENTS:

Peels from 2 Limoneira oranges, lemons or grapefruit
1.5 cups white vinegar
1/4 teaspoon unscented castille soap
4-5 drops essential oil

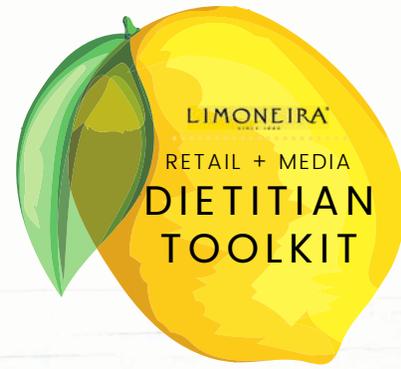
DIRECTIONS:

Find a small glass jar with a tight fitting lid and add orange peels and then fill to the top with vinegar. Add the lid and let sit for 2 weeks. Strain the orange infused vinegar and add 2 ounces to a spray bottle with 6-8 ounces of filtered water, castille soap and essential oils. Add on lid and shake together to combine.

Note: Do not use on countertops made with natural stone.



SELECTION & STORAGE TIPS FOR CITRUS



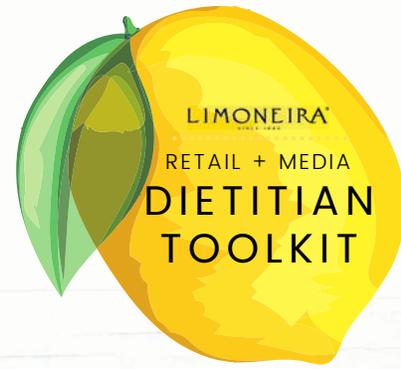
SELECTION:

- Look for citrus that has blemish-free rinds.
 - Pick citrus that is heavy compared to other pieces around it. Heavy means full of delicious juice!
 - Avoid bruised skin or wrinkled spots.
 - Pick citrus with a strong and sweet smell!
-

STORAGE:

- Citrus keeps at room temperature for about a week. Put in a large bowl for quick grab-n-go snacks!
- Storing citrus in the fridge will last 2-3 weeks.
- Peel and segment citrus or cut into wedges and keep in the freezer for up to 3 months. Add citrus juice to ice cube trays or store citrus zest for more ways to add flavor to recipes!

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