



LIMES

Limes are members of the citrus family and are grown on trees that flourish in tropical and subtropical climates.

Limes are oval or round in shape having a diameter of one to two inches with green flesh and skin. They can be either sour or sweet depending on the variety. Limes are an excellent source of vitamin C, one of the most important antioxidants nature has to offer.

Seasonal Availability

Location	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
California	Light	Light	Light			Heavy	Heavy	Peak	Heavy	Heavy	Heavy	Heavy
California (South)	Light	Light	Light	Light		Light	Light	Light	Light	Light	Light	Light
Mexico	Peak	Heavy	Heavy	Heavy	Heavy	Peak	Peak	Peak	Peak	Peak	Heavy	Heavy
Bahamas	Light	Light	Light	Light	Light	Light	Light	Heavy	Light	Light		
Nicaragua	Light	Light	Light									
Venezuela			Light						Light	Light	Light	

Heavy Peak Light