For further information and recipes log on free to www.marketfresh.com.au
**Lime–Tahitian**

*Citrus hystrix* (D.C.) Swingle

**Availability**

January to April

**Use**

- Zest: Used in cooking, cakes and desserts.
- Fruit: Yellow green in colour, it is useful for drinks, salads and desserts.
- Flower: Aromatic, used for cooking, aromatherapy.

**Characteristics**

It is a small to medium-sized fruit, oval to round in shape, with a thin green rind and a bright yellow flesh. It has a strong, pleasant, citrus-like aroma and a sweet, tangy taste.

**Preparation**

- As a beverage: It is also used to give a tangy, citrusy edge to both savoury and sweet dishes.
- In desserts: It is used in cakes, tarts, and other desserts.
- Aromatherapy: It is used in aromatherapy.

**Preservation**

- Dried: It can be dried and used for cooking and aromatherapy.
- Frozen: It can be frozen and used for desserts.
- Canned: It can be canned and used for desserts.

**Nutritional Value**

- It is high in Vitamin C and low in calories.

**Description**

The green rind is thinner than other citrus fruits, making it perfect for juicing. The skin is also edible and has a pleasing, citrusy taste.

**Other Names**

- Shanghai lime
- Tea lime

**Preparation**

- The rind can be used in curries, pickles, and teas.
- The flesh can be eaten fresh or used in desserts.

**Preservation**

- Dried: It can be dried and used for cooking and aromatherapy.
- Frozen: It can be frozen and used for desserts.
- Canned: It can be canned and used for desserts.

**Nutritional Value**

- It is high in Vitamin C and low in calories.