

# LIMONEIRA®

SINCE 1893

## Keep Summer Activities Cool with Lemons

*Use Megan Roosevelt's easy, delicious recipes to fuel every summertime activity*

(Santa Paula, CA) – Whether it's celebrating Independence Day, having a backyard BBQ or just enjoying the great outdoors, July is a month where easy, nutritious ways to fuel up are crucial. This month, Limoneira spokesperson Megan Roosevelt and Kirby Zylstra from "In the Kitchen with Kirby" have put together an easy and festive selection of recipes and home décor ideas to keep the summertime fun going strong – with lemons, of course.

For a helpful demonstration, you can watch Megan create the recipes below [here](#) on the Limoneira YouTube channel. Don't forget to subscribe – videos with more wonderful tips and tricks not detailed in this release will be added to the channel each Friday throughout the month.

*Limoneira has also linked with additional global chefs and mixologists, nutritionists, and beauty lifestyle and green cleaning experts that share their knowledge with the customers of our grocery and food service partners around the world. Their biographies can be found on [Limoneira's website](#).*

Take a look at some great new examples below.

**Red, White & Blue Parfaits** – They're easy, they're delicious, and they're festive. What better way to celebrate the 4<sup>th</sup> of July?

Ingredients:

- 1 Limoneira lemon
- 2 cups non-dairy coconut milk yogurt
- Fresh strawberries
- Fresh blueberries

*Directions:* Add juice from ½ a Limoneira lemon and a teaspoon of zest to non-dairy coconut milk yogurt and stir together. Layer with berries, top with a touch of fresh lemon zest and enjoy!



**Grilled lemon asparagus** – An easy recipe that's perfect for a summertime BBQ or as a contribution to a summertime potluck.

Ingredients:

- Fresh asparagus
- 1 tbsp extra virgin olive oil



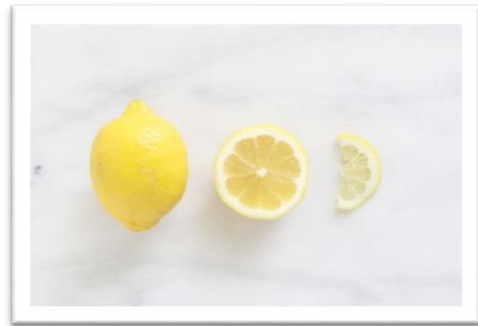
- ½ Limoneira lemon
- Sea salt

*Directions:* Wash and dry the asparagus. Lay out in a shallow dish and top with olive oil, juice from half a lemon, and a pinch of sea salt. Toss together with your hands and let marinade for at least 30 minutes. Preheat a grill to medium and cook the asparagus about 8 minutes on each side.

**Frozen Strawberry Lemonade** – Brought to us by Limoneira special guest and amazing foodie vlogger Kirby Zylstra from “[In the Kitchen with Kirby](#)”, this delicious lemonade will keep you cool throughout any summertime occasion.

You’ll need:

- 2 cups cold filtered water
- 2 cups of sliced strawberries (fresh is ideal, but frozen works just fine)
- One handful of ice
- Juice from one Limoneira lemon
- ¼ cup raw honey (or to taste)
- 1 pinch sea salt



*Directions:* Combine ingredients in blender. (Note: if you have a high-powered blender, simply removing the rind from one lemon and adding the entire fruit might save you some time.) Serve and enjoy!

Each month, Megan will be featuring another wonderful facet of citrus living, with the help of a special, surprise guest from YouTube. Subscribe to [Limoneira’s YouTube channel](#) for more information on the many ways this endlessly versatile fruit can improve life inside the home and beyond.