

Summertime Hydration with Limoneira Citrus

Six tasty ways to stay cool from Limoneira Spokesperson Megan Roosevelt

(Santa Paula, CA) – Hydration is never more important than it is during the hot months of summer, but remembering to drink enough water can start to feel like a chore. This summer, try water the Limoneira way to keep things interesting! Join Limoneira spokesperson Megan Roosevelt as she brings this and other recipes for delicious summertime treats to the Limoneira YouTube channel all month long.

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

Limoneira has also partnered with additional global chefs and mixologists, nutritionists, and beauty lifestyle and green cleaning experts to 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](#).

Without further ado, here's how to hydrate Limoneira style; for all combinations below, simply slice up each fruit and/or herb and add to water. The longer the ingredients are in the water, the stronger their flavors will be.



Orange/Lime/Lemon water – All citrus contains Vitamin C, as well as B vitamins, potassium, and so much more.

Did you know? B vitamins play an essential role in keeping our bodies running like well-oiled machine by converting our food into fuel.

Lime/Cucumber/Mint – Mint is wonderful for digestive health, and has the added bonus of being an on-the-go breath freshener.

Strawberry/Basil/Lemon – Like mint, basil works to freshen breath while both lemons and strawberries are wonderful sources of Vitamin C.

Did you know? Vitamin C is a cofactor in at least eight important enzymatic reactions in humans (and other animals).

Strawberry/Lime/Cucumber – Like lemons, limes contain Vitamin C alongside important minerals like Potassium, Magnesium and Calcium!

Did you know? Potassium is important electrolyte that is essential to the function of several organs, including the heart, kidneys and brain! It also works with sodium to support cellular function, and plays an important role in keeping you hydrated.

Grapefruit/Cucumber/Mint – Too hot to snack? The epitome of refreshing, grapefruit can also operate as an appetite suppressant.

Did you know? Appetite suppressants can be useful in bridging the gap between meals, especially when it's too hot for snacks to sound appetizing.

Lemon/Lime/Blueberry – Blueberries are high in fiber, and rich in antioxidants.

Did you know? Fiber not only improves digestive health, but it can help to lower your odds of things like Type 2 diabetes, certain cancers, heart disease and more. It can also help you to maintain a healthy weight long term.



In addition to being amazing additives to zest up that drinking water, citrus fruits are naturally water dense – meaning simply consuming them is a great way to stay hydrated all summer long.

Each month, Megan will be featuring another wonderful facet of citrus living. 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.