

Take a Healthy Stand™ and Celebrate Dads and Grads with Limoneira Citrus

Limoneira Spokesperson Megan Roosevelt offers easy ways to lemon-up in June!

(Santa Paula, CA) – Lemons are one of the healthiest items that can be consumed, and Limoneira’s New Take a Healthy Stand™ campaign showcases the many ways that lemons can play a role in helping to alleviate serious health issues.

“There have been a number of research studies that support the role that lemons play in potentially alleviating Heart Disease and Strokes, Alzheimer’s, Type 2 Diabetes and even Cancer says Alex Teague, Limoneira COO. “Basically, lemons are an important part of a Mediterranean Diet—a very healthy and delicious way of eating”.

But you don’t have to give up great taste in the search for better health.

Tasty recipes and the arrival of June means summer is upon us, and for Limoneira that means it’s time to celebrate all the Dads and Grads in the world. Megan Roosevelt, Registered Dietician, The Healthy Grocery Girl® and Limoneira spokesperson has developed some Dad pleasing recipes:

The graphic features the Limoneira logo at the top, followed by the slogan 'Take a Healthy Stand' in a large, green, hand-drawn font. Below the text is a vibrant illustration of a lemon with green leaves and small yellow flowers. Underneath the illustration are five circular icons, each with a corresponding health benefit: a cross with a leaf for cancer prevention, a heart with a pulse line for heart disease and stroke prevention, a hand with a glucose meter for type 2 diabetes reduction, a head with gears for dementia risk reduction, and a liver icon for maintaining a healthy liver. At the bottom, there is a black and white illustration of a large, multi-story building, likely a Limoneira facility, with lemons on either side. The website address 'www.Limoneira.com' is printed at the very bottom.

LIMONEIRA®
SINCE 1893

Take a Healthy Stand™

Potential to help prevent cancer

Potential to help prevent heart disease & stroke

Potential to reduce type 2 diabetes

Potentially reduces risk of Alzheimers/ dementia

Potential to help maintain a healthy liver

www.Limoneira.com

Citrus Ginger Cold Brew – *A perfect pairing with Dad's Lemon Glazed Donuts*

- 1 Limoneira Navel Orange
- ¼ inch fresh Ginger Root
- ¼ cup filtered water
- ¾ cup Cold Brew Coffee Concentrate
- 2 tbsp real Maple Syrup

Directions: Juice Orange, add juice, water, maple syrup and ginger root to a small saucepan. Bring to a boil and then lower heat, remove Ginger Root and let cool for 30 minutes. Add Cold Brew to glasses with ice and add juice, water, and syrup to glass. Enjoy! The Citrus Ginger Cold Brew pairs perfectly with the Lemon glazed donuts (recipe on Limoneira's Channel) for a delicious Father's Day treat.



Check out Limoneira's website for additional fun June recipes:

- Celebration Citrus Treats & Beverage Cart (Perfect for Graduation Parties!)
- Baked Citrus Chicken Wings
- Lemon Broccolini Pesto & Beans



Don't forget to subscribe – videos with more wonderful recipes, tips, and tricks not detailed in this release will be added to the channel weekly. For more details on the tips below, watch this video on [Limoneira's YouTube Channel](#).

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.

About Limoneira®

The Limoneira Company was founded in Ventura County, California in 1893. Today, Limoneira has evolved into a global company whose mission is to preserve and promote its tradition, heritage, and legacy in agriculture and community development. With 11,000 acres of agricultural production, Limoneira is the largest provider of lemons and avocados in the United States. In addition to agriculture, Limoneira has a long history of community building. Finally, sustainability has been woven into Limoneira's fabric for over a century with strategic investments in water, solar, soil, and integrated pest management. For more information, visit www.limoneira.com.

About Megan Roosevelt and Healthy Grocery Girl®

Megan Roosevelt is an internationally published author, cooking show host and producer as well as a nutrition expert for regional and national television and magazines. In addition to being a plant-based Registered Dietitian, Roosevelt through Healthy Grocery Girl® provides her extensive audience with online cooking videos and says, "I love helping people get healthy in ways that are realistic and fun".

Roosevelt is the spokesperson for Limoneira's One World of Citrus™ campaign and says, "As one of the largest growers of citrus in the United States, the partnership with Limoneira made a great deal of sense", she said. "It's synergistic. We all know that citrus is among the healthiest products people can integrate into their diets". One World of Citrus™ highlights a variety of ways that lemons can be integrated into consumer's lives. These include recipes, natural cleaning, beauty and health tips as well as lifestyle applications.