



Lemon-Up Soda

By Erin Fletter

Prep Time 5 / Cook Time 5 / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

boil: to cook a food in liquid heated to the point of gas bubbles and steam forming (boiling point is 212 F at sea level).

squeeze: to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

steep: to soak a food, like tea, in water or other liquid so as to bring out its flavor.

strain: to separate liquids from solid foods or remove bigger food particles from smaller particles using a perforated or porous device like a strainer, sieve, colander, or cheesecloth.

Equipment

- ☐ Small bowl
- ☐ Small saucepan
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Citrus squeezer (optional)
- ☐ Liquid measuring cup
- ☐ Dry measuring cups
- ☐ Wooden spoon
- ☐ Strainer

Ingredients

Lemon-Up Soda

- ☐ 2 lemons
- ☐ 4 C club soda or sparkling water
- ☐ 1/2 C granulated sugar, agave syrup, or honey
- ☐ 1/2 C water
- ☐ 2 C ice

Food Allergen Substitutions

Lemon-Up Soda

Instructions

Lemon-Up Soda

scrumptious science

Citrus fruits, like oranges, lemons, and grapefruits, are popular for their bright flavors and nutritional benefits, including high levels of vitamin C and other antioxidants. They are also a good source of fiber and low in calories, making them a healthy addition to any diet. Citrus fruits are native to South and Southeast Asia and have been cultivated for thousands of years.

wash + slice + squeeze

Wash **2 lemons**, slice them in half, and squeeze the juice into a small bowl and set it to the side. Reserve the lemon peels.

measure + combine

In a small saucepan on your stovetop, combine **1/2 cup water**, **1/2 cup sugar**, and the leftover lemon peels.

boil + steep + cool

Bring to a boil and cook for 2 to 3 minutes. Then turn off the heat and let the mixture steep and cool.

strain + discard + mix

Strain the lemon peels from the syrup and discard. Add your freshly squeezed lemon juice to the sugar syrup and mix well.

top + serve

Add **1 to 2 teaspoons of syrup** to the bottom of each cup, add ice, and top with **4 cups of club soda**

or sparkling water. Enjoy!

Featured Ingredient: Lemon!

Hi! I'm Lemon!

"I just love the sun, don't you? That's because I'm a lemon, and we grow so much better in sun and warmth. My skin is a lovely, sunny yellow color. I'm a citrus fruit, but I'm not sweet like an orange. So if you bite into me, your mouth might pucker! But if you squeeze out my juice, then add water and sugar to it, you'll enjoy the sweet and sour taste of lemonade! My zest and juice can bring a wonderful brightness to many dishes."

History

Lemon trees are small evergreen trees thought to be native to Asia. Sometime in the first century, they came to Italy and the Mediterranean region. Although the trees were widely distributed throughout the Middle East and Mediterranean countries between the 8th and 11th centuries, they weren't cultivated to a great extent until the middle of the 1400s in Italy. Spanish explorers brought lemon seeds with them to the Americas later in the 15th century. By the 19th century, you could find lemon trees in Florida and California.

Today, California and Arizona produce 95 percent of the entire lemon crop in the United States.

During the European Renaissance, fashionable ladies used lemon juice as a way to redden their lips! Today you might find people with naturally blond or light brown hair using lemon juice, diluted with water, to lighten their hair. This method is subtle and requires exposure to sunlight to see results, so be sure to put sunscreen on your skin!

Lemons were once so rare that kings would give them away as gifts.

Anatomy & Etymology

There are two different types of lemons—acidic and sweet. The most common acidic varieties include Eureka and Lisbon. The acidic types are grown commercially, and the sweet types are grown mainly by home gardeners. Lemon trees bloom and produce fruit year-round. Each tree can produce up to 500 to 600 lemons annually.

Lemons are hybrids of bitter or sour oranges and citrons, another type of citrus fruit.

Lemons are technically berries. All citrus fruits are berries!

Lemons are protected by a rind or peel and a lining of spongy, white tissue called the "pith." When zesting lemon peel for a recipe, you want to avoid including the pith, which is bitter. Lemon flesh is plump, full of juice, and studded with seeds.

Common types of lemons include Eureka, Lisbon, and Meyer. Meyer lemons have a sweeter, more floral taste and aroma. They are a combination of a lemon and a sweet orange. Eureka lemons are the most

prolifically grown lemon in the world. They have pointed, tapered ends.

The word "lemon" is from the Middle English "lymon," from the Old French "limon," which is from the Arabic "līmūn," a collective term for citrus fruits.

How to Pick, Buy, & Eat

To choose lemons with the most juice, look for those with thin peels and are heavy for their size. There are about three tablespoons of lemon juice in one lemon and about eight seeds.

Lemon juice is sour by itself, but you can add lemon juice and zest from the rind to bring an acidic balance to a sweeter recipe, like cakes, cookies, and curds. It also brightens up vinaigrettes, marinades, and risottos. Lemons can be squeezed over grilled, fried, or roasted chicken, fish, or vegetables. You can make lemonade with the juice and tea from the lemon leaves.

Lemon juice keeps cut pears, apples, bananas, and avocados from turning brown because the acid helps keep the fruit from oxidizing.

Nutrition

Vitamin C! The rind of the lemon has the most vitamin C. Since lemons are high in vitamin C, they have been used throughout history to prevent scurvy—a disease that causes bleeding gums, loose teeth, and aching joints. To this day, the British Navy requires ships to carry enough lemons so that every sailor can have one ounce of lemon juice a day. The demand for lemons and their scurvy-preventing properties hit a peak during the California Gold Rush of 1849. Miners were willing to pay large sums for a single lemon. As a result, lemon trees were planted in abundance throughout California.

Lemon oil, extracted from lemon peel, cannot be ingested. However, when diluted and applied to a person's skin, there is evidence that it acts as an antibacterial and antifungal. Diffused in the air or added to bath water as aromatherapy, it can ease anxiety and stress, lift mood, and sharpen brain function.

Citrus fruits, like lemons and limes, have citric acid, which can help prevent kidney stones from forming.