

PRODUCTS

Lemons

The lemon tree is synonymous with a mild Mediterranean climate. It only prospers where temperatures stay above freezing in winter, when there is sufficient warmth in the air but enough moisture in the soil, and no strong winds to damage flower or fruit.

Thanks to its ideal climate and setting, the citrus groves of Monterosso have been famous for centuries for the exceptional quality of their fruit. Lemons grow here without the need for insecticides or fungicides.

The fruit ripens mostly from December onwards, right through the winter. The golden globes hanging on the boughs during the darkest months seem to be nature's way of offering us a reminder of the warm sunlight that has been, and that will soon return.

Lemons symbolise health-giving sunlight in more ways than one. Known for centuries for its anti-microbial properties, the juice of a lemon, as an anti-oxidant, will prevent food going brown. Bacteria, fungi, viruses – organisms that thrive in dank, dark places – retreat before the sharp, sun-filled lemon. In addition, lemon pith contains an anti-inflammatory substance similar to cortisone, but without this drug's unfortunate side effects.

The locals say that the light of the lemon can penetrate the darkness of those suffering from depression. A gift of a couple of lemons plucked at the same time from the same tree is a way of offering someone an elixir of light and good health.

