



OFFLINE GUIDE

The Full Use Case Guide

Every household use for a lemon that we know of — kitchen, cleaning, garden, health, beauty, fragrance, preserving, and what to watch out for. Kimberley's lemons, put to work.

✓ Halal-Friendly — a project of Empowerment Projects, Miftahuddin Islamic Institute

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Kitchen & Cooking

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| <ul style="list-style-type: none">• Fresh lemonade & lemon-infused water• Zest for cakes, cookies & glazes• Balancing acid in marinades & dressings• Keeping cut apples, avocado & pears from browning• Brightening soups, curries & pan sauces | <ul style="list-style-type: none">• 1:1 substitute for vinegar in most recipes• Lemon curd, marmalade & fruit preserves• Finishing touch on grilled fish, chicken & roast veg• Keeping rice grains separate & fluffy• Stopping guacamole from oxidising |
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MORE LEMON TIPS

Vinegar swap: use lemon juice in place of vinegar in vinaigrettes and quick pickles for a brighter, less sharp acidity.

No-brown fruit: toss cut apples, pears, avocado, or potato in diluted juice to stop them browning before cooking or plating.

Fluffier rice: a teaspoon of juice in the pot water keeps grains separate and adds a faint fresh lift.

Stiffer egg whites: a few drops in the bowl before whipping helps whites hold peaks — no cream of tartar needed.

Zest sugar: rub zest into a jar of sugar and let it sit a day for instant citrus sugar for baking or tea.

Preserved lemons: pack quartered lemons in salt and their own juice; in a few weeks you've got a rich condiment for stews and grains.

Quick pan sauce: splash juice into a hot pan right after searing meat or fish to lift the browned bits into a sauce.

Odor-off hands: rub a cut lemon over your fingers to lift garlic, onion, or fish smell before washing up.

Braai marinade: lemon juice tenderises steak or chicken tikka before it hits the fire — a Sour Lemon skills-programme favourite.

Peri-peri lemon bites: a warming winter snack of lemon segments tossed through a peri-peri-style seasoning.

Lips on a string: salt-and-pepper lemon peel strips, dried and threaded, make a traditional tangy nibble.



Cleaning & Household

- Descaling kettles & taps (boil lemon + water)
- Steam-cleaning & deodorising the microwave
- Lifting stains & odours from wooden cutting boards
- Polishing wooden furniture (lemon + olive oil)
- Shining copper & brass (lemon + salt or baking soda)
- Freshening the garbage disposal (frozen peel + ice)
- Boosting grease-cutting power of dish soap
- Restoring shine to stainless steel sinks
- Removing sticker residue from jars & glass
- Whitening grout with a lemon-juice paste

MORE LEMON TIPS

All-purpose spray: juice, white vinegar, and water in a spray bottle cuts through grease on counters and stovetops.

Microwave steam-clean: halve a lemon into a bowl of water, microwave three minutes, then wipe — splatters lift off with no scrubbing.

Cutting-board scrub: half a lemon dipped in coarse salt scours and deodorizes wooden or plastic boards.

Disposal freshener: freeze lemon peel with a little salt in an ice-cube tray and drop one down the drain to clean blades and kill odor.

Kettle descaler: boil water with lemon slices or juice to dissolve limescale from kettles and coffee makers.

Brass & copper polish: a paste of lemon juice and salt, or baking soda, restores shine to tarnished metal.

Grout whitener: scrub grout lines with a lemon-juice-and-baking-soda paste, leave a few minutes, then rinse.

Rust lifter: salt a rust stain, squeeze juice over it, leave an hour, then scrub with the salt as an abrasive.



Garden & Outdoors

- Natural ant deterrent around entry points
- Peels added to compost in moderation
- Slug & snail deterrent barrier
- Spot-treatment weed killer (juice + vinegar)
- Cleaning outdoor furniture & garden tools
- Citrus blossom attracts pollinators if you grow a tree

MORE LEMON TIPS

Weed spot-treatment: straight lemon juice sprayed on unwanted weeds dries them out. It's non-selective, so keep it off plants you want.

Fruit-fly trap: a dish of lemon juice, cider vinegar, and a drop of dish soap draws flies in and holds them.

Ant deterrent: wipe juice along windowsills and door thresholds — ants tend to avoid crossing the line.

Slug barrier: a ring of dried, crushed lemon peel around seedlings discourages slugs and snails.

Seed-starter pots: halved, hollowed lemon peels make small biodegradable pots — plant peel and all once seedlings are ready.

Compost booster: peels break down fine in a compost pile in moderation; chop them up first to speed things along.

Mosquito & flea repellent: a traditional lemon-based spray to help keep biting insects off patios and pets' bedding.

Keep lemon juice away from soil you're actively growing in — it's acidic and only suited to spot use, not general watering.



Health & Wellness

- Warm lemon water for morning hydration
- A natural source of vitamin C
- Soothing a sore throat (lemon + honey + warm water)
- Freshening breath after meals
- Steam inhalation for a stuffy nose
- Diluted gargle for a fresher mouth

MORE LEMON TIPS

Warm lemon water: juice in warm water is a common morning ritual for hydration and vitamin C — rinse with plain water after, since the acid can soften enamel.

Honey-lemon gargle: warm water, honey, and lemon juice is a soothing traditional gargle for a scratchy throat. It eases discomfort, it doesn't treat infection.

Steam inhalation: a few lemon slices in a bowl of hot water adds a bright scent to steam inhalation for stuffy sinuses.

DIY rehydration sip: water, a pinch of salt, a spoon of honey, and lemon juice makes a mild home electrolyte drink.

Nausea whiff: the scent of fresh-cut lemon is a common low-effort trick for easing mild queasiness.

Traditional blood pressure support: lemon juice has a long folk history in supporting healthy blood pressure alongside a balanced diet.

Lemon pips & blood sugar: traditional use explores lemon pips in conversations around blood sugar — educational, not a treatment.

These are comfort measures, not treatment — not medical advice. See a doctor for anything persistent, and go gently if you have reflux or sensitive teeth.

Beauty & Skincare

- DIY sugar-lemon exfoliating scrub
- Brightening nail soak
- Diluted toner for oily skin (always patch test)
- Homemade lip scrub (lemon + sugar + honey)
- Natural hair highlights in the sun (diluted juice)
- Deodorising underarms in a pinch

MORE LEMON TIPS

Nail brightener: a short soak in diluted lemon juice helps lift dullness from fingernails.

Foot soak: add juice to a warm foot soak to help soften rough heels and cut odor.

Honey-lemon mask: a teaspoon of juice stirred into honey or plain yogurt makes a simple brightening face mask. Patch-test first.

Sugar scrub: lemon juice, sugar, and a little olive oil makes a cheap body exfoliant for elbows and knees.

Hair rinse: a diluted juice rinse after shampoo can add shine. Go light — it can dry hair and lighten it in strong sun.

Citrus increases sun sensitivity — rinse off before sun exposure and always patch-test on skin first.

Home Fragrance & Crafts

- Stovetop potpourri (lemon slices, cinnamon, cloves)
- Natural air-freshener spray (peel-infused vinegar + water)
- Dried lemon-slice garlands & wreaths
- Homemade candles scented with lemon zest
- Dried peel fire-starters for the braai or fireplace
- Lemon-peel sachets for drawers & cupboards

MORE LEMON TIPS

Stovetop simmer pot: lemon slices with cinnamon sticks and cloves in a pot of simmering water scents a room for hours — no candle needed.

Peel fire starters: dried lemon peel is naturally oily and catches quickly, making a free fire starter for the grill or fireplace.

Infused vinegar: peels steeped in white vinegar for two weeks make a fragrant base for the all-purpose spray above.

Zest candles: stir dried zest into melted wax before pouring for a subtle citrus scent.

Dried slice garlands: thin lemon slices, dried low and slow in the oven, string into rustic garlands or gift tags.

Room spray: zest steeped in vodka or witch hazel for a week, strained and diluted with water, makes a simple linen spray.



Preserving & Storage

- Salt-preserved lemons (Moroccan style)
- Freezing juice in ice cube trays for later
- Freezing zest in small bags
- Drying slices for tea, garnish or decor
- Lemon-infused olive oil or vinegar
- Lemon syrup for drinks, stored in the fridge

MORE LEMON TIPS

Lemon achaar (pickle): a spiced, syrup-cured lemon pickle from The Sour Lemon skills programme — see the step-by-step guide at thelemonproject.co.za/guides.html.



Handle With Care

Sun: never apply lemon juice to skin and then go into sunlight — it can cause burns or dark patches.

Enamel: sipping lemon water often can soften tooth enamel over time — rinse with plain water after, and skip brushing right away.

Stone counters: keep lemon off marble, granite, or other natural stone — the acid etches the surface permanently.

Bare metal: prolonged contact with cast iron or unsealed aluminum can pit the surface — dry these promptly after use.

Patch test: for any skin or hair use, try a small patch first and stop if it stings or reddens.

Weed spray: lemon-based weed treatments don't distinguish weeds from what you planted — aim carefully.