

How to Extract Oil from Citrus Fruits (Lemon Oil, Orange Oil, Mandarin Oil and Bergamot Oil)

Description:

Citrus essential oils are probably the least talked about of all essential oils. Yet when we consider that one of the key components in these oils is an antioxidant known as limonene, then they ought to be widely discussed. Citrus oils also help to neutralise acid in your body and stimulate the immune system to fight infections. Another key feature of the citrus oils is that they have uplifting, invigorating and anti-depressant qualities.

Orange skins contain most of the essential oils of the orange tree, and they're the source of the limonene, or orange oil, you find in most infused vodkas and other foods.

Bergamot is a citrus fruit whose rind is used for extracting the Bergamot Essential Oil. Bergamot essential oil is a cold-pressed essential oil produced by cells inside the rind of a bergamot orange fruit.

Lemons are one of the most popular citrus fruits in the world, and are widely used for culinary purposes, since they are a good source of vitamins and aid in digestion.

Mandarins are citrus fruits which are also known as Mandarin oranges or Tangerines. Mandarin essential oil is extracted by cold expression of the outer peel of the fruit; it has a light, fruity-citrus aroma, similar to Orange essential oil.

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Keywords: How to Extract Oil from Citrus Fruits, How to grow Citrus Fruits, Citrus fruit cultivation, Citrus Planting, Citrus Growing, citrus Harvesting, Lemon, Orange, Mosambi, Sweet Lime, Mandarin, Grapefruit, Kinnow Mandarin, Sour Lime, Pummelo, Orchard, Thompson, Hybrids, Citranges, Citrangequats, Cleitranges, Citrumelos, Procimequat, Washington, Jaffa, Shamouti, Valencia, Hamlin, Batavian, Propagation, Interculture, Lemon oil, orange oil, mandarin oil, Bergamot oil

Created At: 15 Jul, 2016