

Kaji Nemu

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About Kaji Nemu

- It is elongated and oblong compared to other lemon varieties.
- It is popular for its unique aroma and health benefits. It has been traditionally associated with Assamese cuisines.
- The fruit had been exported to several countries, including to the Middle East..
- With its unique aroma and antioxidant properties, the Assam lemon enriched the local cuisines.
- The oval-shaped Kaji Nemu is a lot juicier than other lemon varieties. Kaji Nemu is majorly used in culinary and commercial purposes, and it is extensively used for its medicinal properties.
- Cultivation: It is grown in almost all the districts of the state, and is available throughout the year.
- The fruit is a powerhouse of nutrients, boosting health
- Assam has as many as 16 species and 52 varieties hybrids of citrus.
- Kaji Nemu' (Citrus Limon) bears GI Geography Indication tag in 2019, is linked to Assamese food.

Q1) What are Antioxidants?

These are man-made or natural substances that may prevent or delay some types of cell damage. Antioxidants are found in many foods, including fruits and vegetables. They are also available as dietary supplements.

Source: [Kaji Nemu' declared as State Fruit, Assam government says will benefit farmers](https://vajiramandravi.com/current-affairs/kaji-nemu/)

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