



LEMONGRASS

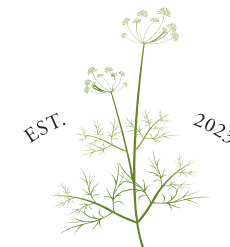
Cymbopogon citratus (sim-bah-POH-gon sih-TRAY-tus)

ANNUAL | POACEAE FAMILY

ZONES: PERENNIAL IN 8-11

EXPOSURE: FULL SUN

MATURE HEIGHT: 2-4 FT | SPREAD 2-3 FT



HERB & VINE

— healing plants —



Medicinal



Aroma



Culinary



Repellent



Container

Taken as a tea, Lemongrass is said to reduce anxiety, lower blood pressure and cholesterol, relieve stomach pain and relieve bloat.

- Therapeutic*: anti-amoebic, antibacterial, antidiarrheal, antifilarial, antifungal and anti-inflammatory properties.
- Culinary: its light, lemony flavor adds the taste of lemon without bitterness. Tastes great in tea, in stir fry, and on fish and chicken.
- Fragrant pest repellent, its oil seems to deter unwanted insects including mosquitos.

Caution: may cause stomach upset in dogs and cats. More severe symptoms in horses.



**Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.*



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