



**Grow Your Own
Mulch!
(and have a cup
of tea)**

Lemon Grass
Plant of the Month

Lemon Grass

- Lemongrass is a perennial clumping grass to 100cm.
- There are several types of lemon grass:
 - Citronella grass (*Cymbopogon nardus* and *Cymbopogon winterianus*) grow to about 2 metres and have magenta-colored base stems. These species are used for the production of citronella oil
 - East Indian lemongrass (*Cymbopogon flexuosus*), is native to Cambodia, Vietnam, Laos, India, Sri Lanka, Burma, and Thailand
 - West Indian lemongrass (*Cymbopogon citratus*) is native to Malaysia
 - While both can be used interchangeably, West Indian lemongrass is more suitable for cooking.
- **Propagation:** is by the division of the bulbous base with roots in spring, summer and autumn.
- Drought tolerant
- Dislikes frost



Uses: Garden

- **Mulch:** chop and drop (lower dependence on outside resources)
- **Living fence:** plant on garden edge, dense roots act as a weed barrier and inhibit grass sneaking into garden beds; planted densely, a protective buffer from bush turkeys
- **Erosion control:** slows water and stabilizes slopping land
- **Insect repellent:** crush the plant to release the oils in the garden
- See **Morag Gamble's** youtube video for some great ideas
<https://www.youtube.com/watch?v=1U5So30eqdU>



Uses: Kitchen

- **Tea:** enjoy some at supper tonight!
- **Flavour curries, stews, and soups:** It is firm and fibrous. The softer, fleshier part of the lemongrass (which is what you want to use in your cooking) is located under the tough outer leaves. Peel away these layers and discard them. What you will uncover is a pale yellow stalk that is softer and easier to slice. Slice off the bulb. Starting from the lower end (where the bulb was), make thin slices of up to two-thirds of the stalk.



Lemongrass Health Benefits

Antioxidant
Antimicrobial
Anti-inflammatory
Promotes Healthy digestion
Acts as a diuretic

May Help with

- ✓ Reduce Cancer
- ✓ Reduce high systolic BP
- ✓ Weight Loss
- ✓ Regulate cholesterol
- ✓ Relieves PMS symptoms

Isabell Shipard, How Can I Use Herbs In My Daily Life?
<https://www.healthline.com/health/food-nutrition/lemongrass-tea>

Please Note!

Potential side effects include:

- dizziness
- increased hunger
- dry mouth
- increased urination
- tiredness

Allergic reactions:

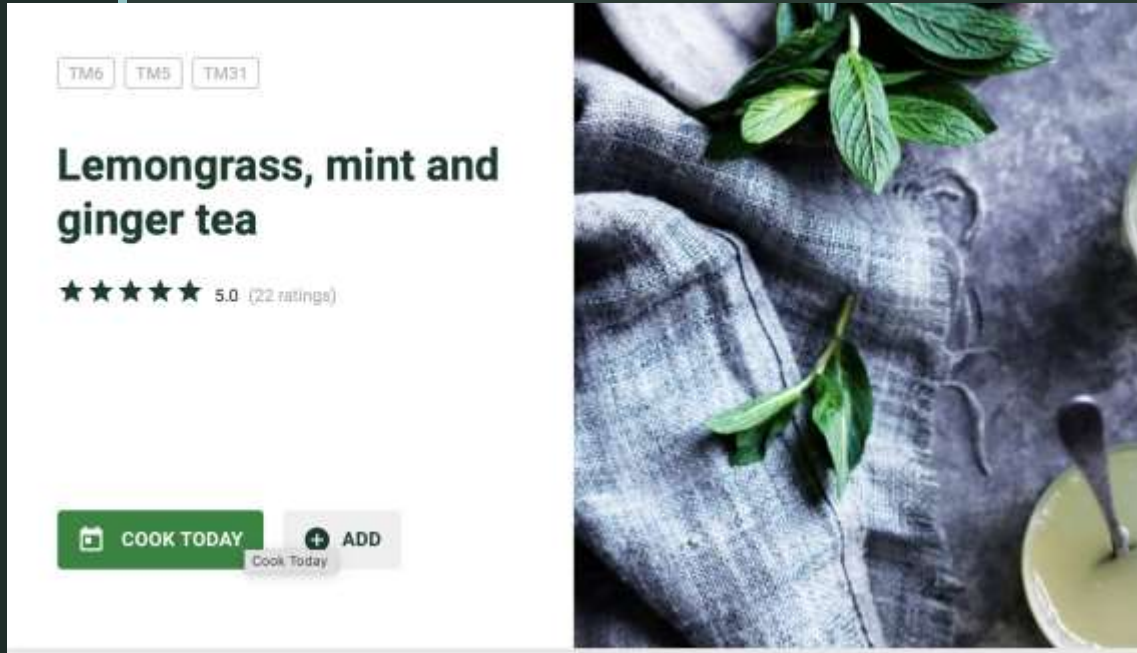
- rash
- itching
- difficulty breathing
- rapid heart rate

You shouldn't drink lemongrass tea if you:

- are pregnant
- take prescription diuretics
- have a low heart rate
- have a low potassium levels

<https://www.healthline.com/health/food-nutrition/lemongrass-tea>

Lemon Grass Tea



Lemon Grass
Ginger
Mint
Lemon juice
Water
Honey*

* To make vegan use another sweetener

Fb/Insta: Healthy Me Thermo Mix

Fb Grp: Hinterland Healthy Foodies - Melissa Roberts Thermomix and Nutrition Consultant

Try some Lemon Grass Tea at supper

Lemon Grass Tea



Chop
Cook



Strain
Drink



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