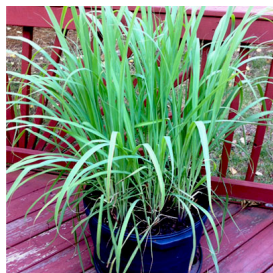


Lemon Grass - Plant



The characteristic smell of makes its use in scenting of soaps, detergents, insect repellent preparations.

Rating: Not Rated Yet

Price

Sales price R 309

Discount

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Description

Description for Lemon Grass

Lemon grass is a potent lemon-citrus herb. Common as a seasoning in Asian cuisine, it also works great as a tea. Lemongrass tea is thought to be a home remedy for certain conditions and lemongrass essential oil has many homeopathic benefits as well. Hereâ€™s how to grow lemongrass.

You can also use lemon grass in soups, stews and stuffings. It has a fresh lemony scent and a light flavor without the tart bite of the lemon fruit. Lemon grass teas has become a very popular drink. This herb has a slight, fresh lemony flavor.

Lemon grass has long, slender grayish-green leaves and a fibrous base. The oil of lemon grass is used in many perfumes, soaps and body lotions. The plant has been shown to have anti-bacterial and anti-fungal properties.

Cymbopogon (lemongrass) is a genus of about 55 species of grasses, native to warm temperate and tropical regions of the Old World and Oceania. It is a tall perennial grass. Lemongrass is native to India and tropical Asia. It is widely used as an herb in Asian cuisine. It has a subtle citrus flavor and can be dried and powdered, or used fresh. It is commonly used in teas, soups, and curries. It is also suitable for use with poultry, fish, beef, and seafood.

Research shows that lemongrass oil has antifungal properties. Despite its ability to repel insects, its oil is commonly used as a "lure" to attract honey bees.

Common name	Flower colours	Bloom time	Height	Difficulty
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lemon grass,barbed wire grass, silky heads, citronella grass, gavati chaha.	-	Year round	Average of 2-3 feet, although it can grow up to 9 ft. in height in tropical regions.	Easy
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Planting and care

Lemongrass is best started from root cuttings from established stalks. The stalks should be firm and green. Put the bottom inch in a glass of water and set them in a sunny window. Roots should begin to sprout within two weeks. Plant in soil once the roots are 1 to 2 inches long, usually after about 4 weeks. Set out transplants 3 feet apart and keep in mind they can grow 6 feet tall, though you can always trim them shorter if need. Plant into compost enriched soil. Wait until after the last frost before transplanting.

Sunlight	Soil	Water	Temperature	Fertilizer
Lemongrass requires full sun and warm weather to thrive. If you don't have an area that receives six to eight hours of sun, lemongrass will not grow well in your yard.	Plant lemongrass in loose, fertile soil that drains well, such as potting soil or loam mixed with compost (2 parts soil to 1 part compost). Clay soils retain too much moisture to be well suited for lemongrass and can lead to rot and nutrient deficiency. If you are planting lemongrass in a garden bed, leave 3 feet of space between individual plants.	Water frequently. It's very difficult to overwater a lemongrass plant (it is accustomed to constant moisture) but it will not tolerate dried out roots. No need to keep the soil muddy, but definitely keep it moist. In dry areas, mist constantly with a spray bottle.	-	Lemongrass needs lots of nitrogen in order to thrive. Use a nitrogen-rich fertilizer every few weeks but be careful if you are planting lemongrass amongst other plants, as many do not do well with too much nitrogen.

Caring for Lemon Grass

Winter Care :

- If a cold front is predicted, protect your in-ground lemongrass with blankets or bring your containers indoors until the weather passes. For cold winter areas, grow lemongrass in containers and bring the containers indoors throughout the winter.
- The plants need to be kept near a south-facing window to receive as much sun as possible.

Harvesting

Harvesting occurs when the plant is 4-8 months old, or when plant is approximately one foot tall. From thereon, lemongrass can be harvested every 3-4 months for approximately 4 years. This is done by cutting the entire stalks and using fresh in teas. Make sure to cut the stalks below the white swollen ends.

Typical uses of Lemon Grass

Special features: In manufacturing, lemongrass is used as a fragrance in soaps and cosmetics. Lemongrass is also used in making vitamin A and natural citral.

Culinary use: Use the entire stalk, which will be cut and prepped in different ways depending on the dish. The tough, bigger pieces of lemon grass are meant to flavor dishes. These larger pieces generally are not eaten. Consider straining large pieces out before serving. However, some people enjoy sucking on them for their flavor.

Medicinal use: A soothing, relaxing oil, lemongrass essential oil has been used to treat acne, Athlete's foot, digestive upset, muscle ache, stress and overly oily skin and scabies.

References

