



EDIBLE
GARDENING
SERIES

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Lemongrass

All parts of the lemongrass are strongly lemon scented and widely used as an ingredient in Southeast Asian cooking. Lemongrass has long thin sharp grass-like gray green leaves and a scallion like base. It grows 3 to 4 feet tall (or more) and 3 feet wide. The bottom of each clump, composed of overlapping leaf bases, is nearly bulbous in appearance. Lemongrass can live over in the mildest winter regions, but it's safer to pot up a division and keep indoors or in a greenhouse over winter. Hardy to 20°F to 30°F.

EXPOSURE

Full sun.

PLANTING

We recommend amending your soil with **Flower and Rose Planting Compost**, and **Dr. Earth Starter Fertilizer**.

WATERING

Regular watering during active growth.

FERTILIZING

Apply **Dr. Earth All Purpose Fertilizer** in the early spring.

HARVESTING

Cut off the thick, bulbous stems just above the crown (ground level). Only the bottom third of each stalk is used: the bigger, the better. Peel off the outer sheath and finely slice or pound the inner stem for salads or cooking. The sharp-edged blades (the upper part of the stems) can be sliced very fine and added to soups.

Lemongrass blends well with garlic, chilies and cilantro. It is frequently used in curries as well as in seafood, soups and to make teas.

USES

Lemongrass is rich in a substance called citral, an active ingredient in lemon peel. Citral is said to aid in digestion as well as to relieve spasms, muscle cramps, rheumatism and headaches. Also used commercially as the lemon scent in soaps, perfumes and candles.

- Deer resistant
- Fragrant
- Medical
- Culinary
- Good for tea

