

# Lemongrass

*Cymbopogon citratus*



**When to Plant:** Spring, after last possible frost

**When to Harvest:** When plant reaches 1 foot in height with stalks at least ¼ inch thick

**Uses in Medicine:** Antibacterial; antifungal; pain reliever; reduces swelling; reduces fever; improves blood sugar and cholesterol; stimulates the uterus and menstrual flow; antioxidant properties; used in aromatherapy to relieve anxiety

**Uses in Cooking:** Often used in Thai dishes

**Fun Facts:** The leaves of this plant are often used as "lemon" flavoring in herbal teas; in manufacture used to make Vitamin A; may be used as an insect repellent due to its citral compound (similar to citronella)

