

EDIBLE GARDEN



KAFFIR LIME

The kaffir lime (*Citrus hystrix*) is a citrus fruit native to tropical Southeast Asia and southern China. Kaffir lime fruit and leaves are commonly used in Southeast Asian cuisine, its leaves being particularly precious to many Thai dishes including soups, salads, curries and stir-fries due to its lemony essence.

Oils extracted from the leaves are commonly used for health and medicinal purposes such as reducing inflammation, aiding oral health and assisting digestion. Essential oils are also used as a fragrance component for perfumes.