

## EDIBLE GARDEN



### LEMONGRASS

*Cymbopogon citratus*, also known as lemongrass, is a tropical island plant native to the South Asian region. They are commonly used in Southeast Asian cuisines such as Thai and Vietnamese. The distinctive minty-citrus flavour of the plant pairs well with curries, shellfish and meat dishes – especially to mask its gamey scent.

Oils extracted from Lemongrass contain high amounts of Citronella, Geraniol and Citronellol. They are used in Ayurvedic applications and frequently infused in aromatherapy and household products such as soaps, candles, disinfectants and mosquito repellents.