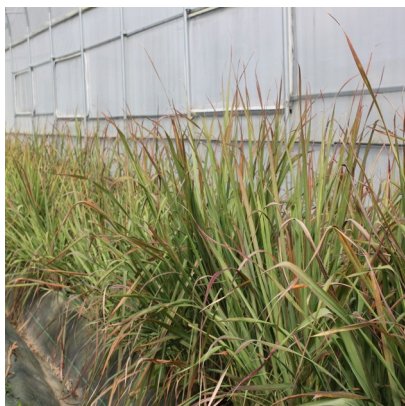


# Lemon Grass

*Cymbopogon citratus*



Earned gold stars to two Portuguese brands in the international competition "Great Taste Awards", one of them, Hands on Earth, with its biological tisane - Amália.

When grown in organic production may represent an interesting source of income, because its dry leaves are very popular in Europe in several industries.

It is a herbaceous plant of the Poaceae family, native from the tropical regions of Asia, especially India. It grows in a clump of shoots (cespitosa plant), spreading by stolons (so is called estolonífera).

They have linear-lanceolate amplexicaules leaves. Their inflorescences are composed of panicles yellowed.

More info:

[https://www.amu.bio/\\_lemon\\_grass](https://www.amu.bio/_lemon_grass)

## Cultivation

Outdoor, the lemongrass is presented as a beautiful ornamental plant, extremely aromatic and easy to take care.

It prefers well-drained soils, but with some degree of moisture because its origin is tropical and needs full sun or partial shade.

It is easy to propagate it through the stem and root division, because these are superficial.

Does not tolerate temperatures below 0 ° C, and may even die. When in cold climates, it can be easily grown in pots, so that can be protected during colder weather.

## História

The lemongrass is originally from Asia, more specifically South India, where it grows spontaneously, but it is used especially in Thai, Indonesian and Indian cuisine

In Brazil, it is known for "capim santo". Traditionally used in Indonesia and Malaysia for medicinal purposes, it is also, for centuries, used in Ayurvedic medicine from India, to combat fever, depression and digestive problems.

### **Utilization**

Two of its active ingredients are essential oil with citronella and limonene, both with repellent action for insects.

Due to its very pleasant aroma, citronella is also used in the manufacture of perfumes, soaps and other cosmetics.

Used in tea, results in a very nice drink with a strong lemon flavor, which functions as a digestive and can accompany meals. Fighting bad mood and heartburn.

It has also a hepatoprotective and antispasmodic action in the digestive tract. Help in the treatment of gingivitis, mouth ulcers and oral candidiasis, can be combined with calendula.

It has soothing properties and is therefore consumed with tilia, to improve sleep. In addition, low fever, and increases sweating.

According to an investigation, lemon grass tea helps in the treatment of oral candidiasis in patients with HIV. In this trial, conducted in South Africa, 90 patients were divided into 3 groups: those who took the lemon grass infused, those taking lemon juice and, in the latter group, was applied antifungal gentian violet. All treatments were effective, with a slight advantage for the lemon juice.

As insect repellent, it was the most effective of 38 essential oils, with patchouli and clove.

Lately the demand of this plant had increased in Portugal, especially for dog breeders that have used as biting insects repellent, transmitters of a terrible deadly disease, leishmaniasis, planting it in the surrounding of the kennels.