PLANT FACT SHEET

Cymbopogon nardus (L.) Rendle

GENUS *Cymbopogon* **FAMILY** Poaceae

COMMON NAMES Lemon grass

EDIBLE PARTS AND USES

Edible parts: Leaves, Leaves - tea, Pith, Spice

The leaves are used to flavour food. They are used in soups, curries and in cooking fish.
The leaves are also used for tea.
It is the source of an essential oil used to flavour food and drinks.
The centre of the stems is cooked in curries.

DESCRIPTION

A grass. It is a perennial herb. It grows 0.8-1.5 m tall. It forms tufts. The leaves are 30-100 cm long by 1-2 cm wide. The flowering shoot is 30 cm long and branched.

HABITAT

It is a tropical plant. It grows commonly throughout Cambodia. In Brisbane Botanical gardens.

NOTES

There are 60 Cymbopogon species.

PICTURES



Credit: Food Plants International (Bruce French)



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