PLANT FACT SHEET

Cymbopogon flexuosus (Nees ex Steud.) J. F. Watson

GENUS *Cymbopogon* **FAMILY** Poaceae

COMMON NAMES Lemon Grass, East Indian lemongrass

EDIBLE PARTS AND USES

Edible parts: Leaves, Shoots

The leaves and shoots are used in cooking.
They are also used to extract oil. This is used in food manufacture for flavouring baked goods, fats and oils, ice cream, candy, drinks and chewing gum.
Dried leaves are used in herbal teas.

DESCRIPTION

A grass. It keeps growing from year to year. It has a short stout rhizome. The culms are robust and 3 m tall. They are 1-2 cm across. The leaf blades are narrow and 100 cm long by 1.5 cm wide.

HABITAT

It is a tropical plant. It is mostly grown in Kerala in India. In southern China it grows on grassy slopes below 1,000 m above sea level. In Yunnan.

NOTES

There are 60 Cymbopogon species.

PICTURES



Credit: Food Plants International (Bruce French)



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