

Guam Produce Guide: Lemongrass



Plant Traits	Details
Plant Type	Grass
Size	3-5 feet tall
Spacing	3 feet apart
Root Depth	4 to 6 feet
Pests	Resistant to most pests
Diseases	Rust

Health Benefits

- Provides antioxidant properties
- Traditionally known to be natural pain reliever and fever reducer
- Contains citrol, which provides anti-inflammatory properties
- Prevents growth of some bacterial infections
- Reduces cholesterol

Site Characteristics

Sun Exposure	Should receive a minimum of 5 hours of direct sunlight.
Soil Condition	Can handle a range of soils; prefers rich, well-drained soil with a neutral pH ranging from 6.8 to 7.2.
Support	No support needed.
Water	Water enough to keep the plant hydrated. The amount of watering may depend on soil type; for example- sandy, loose soils will require more frequent watering.
Fertilizer	Needs nitrogen rich fertilizer; 6 - nitrogen, 4 - phosphorous, and 0 - potassium fertilizer (slow releasing fertilizer).

From Seed to Harvest

Sowing Seeds	Sow seeds in full sun and well-drained, nitrogen-rich soil. Place them six inches apart. Lightly cover the seeds with soil, as they need plenty of light to be able to germinate. Seedlings can take up to 3 weeks to emerge.
Transplanting Seedlings	Before transplanting, lemongrass should have the entire stem intact. Trim any brown, older

leaves and prepare a nutrient-rich bed of soil for planting the rooted stalks. Water the area well for two days before to keep the roots from drying out and to help the plant recover from being transplanted. Lastly, cut the stalks to 6 inches above soil level to encourage new growth.

Maintenance

Settle your plant in with a good watering of eco-seaweed. For the best ongoing growth keep plants well watered and nourished with applications of eco-seaweed and eco-aminogro every 2-4 weeks. For new growth, remove any dead leaves/stalks and cut remaining stalks to about their half height.

Harvesting

Lemongrass is harvested for stalk and foliage. When they are 1 ft tall, harvest lemongrass by cutting, twisting, or breaking off stalks that are about 1/4 inches thick. As a fast-growing plant, lemongrass can withstand harvesting when young without affecting its growth. For cooking purposes, snip the leafy green portion of the plant to steep in tea and broth or remove the whole stalk from the plant and use the white base.

Interesting Facts

- Lemongrass is used in many Asian cuisines in teas, sauces, and soups.
- Oil can be extracted from the lemongrass to be used as an insecticide.

Recipes

Lemongrass Tea



Ingredients

- 4 cups water
- 2 cups roughly chopped lemongrass stalks
- ¼ cup sugar
- Lime wheels for garnish (optional)

Instructions

1. Bring the water to a boil over high heat in a medium saucepan.
2. Add the lemongrass and boil rapidly for 5 minutes.
3. Reduce the heat to low and simmer the tea for an additional 5 minutes.
4. Strain the stalks from the liquid. Stir in the sugar until dissolved.
5. Serve warm, or chill in the refrigerator and pour over ice.

Recipe Link

<https://thewanderlustkitchen.com/addictive-fresh-lemongrass-tea/>

Sources

1. <https://www.ecoorganicgarden.com.au/gardening-tips/how-to-grow-lemongrass/>
2. <https://www.webmd.com/diet/lemongrass-health-benefits#1>
3. <https://www.thespruce.com/lemongrass-plant-profile-4686088>

4. <https://www.rxlist.com/lemongrass/supplements.htm>

Researchers:

Denise Crisostomo

Maria Taianao

Polene Manibusan