



LEMONGRASS

(*Cymbopogon citratus*)

EVERYTHING
Herbal

— by Cheryl Jabz —



Herbs. Health. Healing. Naturally.



A fragrant, citrusy herb that adds zest to your cooking and calm to your day!



FRESH SCENT
ZESTY FLAVOR
NATURAL GOODNESS



HOW TO GROW



Light: Full sun (6–8 hours).



Soil: Well-draining, slightly sandy soil.



Water: Moderate—allow top inch to dry between watering.



Climate: Loves warmth (best above 65°F).

STARTING FROM STORE-BOUGHT STALKS



Place stalks in water (base down). Wait for roots (about 1–2 weeks). Transplant into soil once roots are ~2 inches long.

CONTAINER TIP



Grows well in large pots (at least 12 inches deep). Bring indoors before frost if you live in colder areas like in the Northeast.

CARE & HARVEST



Harvest when stalks are about ½ inch thick. Cut at the base—outer stalks first. Trim leaves to encourage growth.



HERBAL TIP

Lemongrass can grow tall—harvest regularly to keep it tender and flavorful!



USES & BENEFITS



Adds bright citrus flavor to soups, teas, curries, and stir-fries



Supports digestion and soothes upset stomach



Natural antioxidant and anti-inflammatory



May help reduce stress and promote relaxation



Helps support immune health



Repels insects naturally



Great in teas, marinades, essential oils, and more



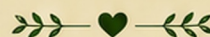
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Love it
Use it!



Cheryl Jabz ♡

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