

CYMOGON CITRATRUS – LEMON GRASS



Cymbogon citratus and *Cymbopagen flexuosus* are the only 2 species within more than 40 forming the Poaceae genus, which are known as **a health improving spice and an aromatic plant**. Thanks to their special aroma they are also known as *lemongrass* and are commonly used as a culinary spice, and as well in traditional medicine.

The evergreen and reed-like plant can be from 1 to 2m tall and it usually grows wild in tropical and warm regions, preferably with humid climate and plenty of sun. Because of their general popularity the herbaceous plant is cultivated in many countries including India, Sri Lanka, Indonesia, China, but also in England and some countries in Africa, Central and South America.

In Asia the fresh long leaves are often prepared in a thirst-quenching drink and lemongrass' stalks give an exotic touch to herbal tea blends. With its fresh, lemony and slightly rose-water like taste, lemon grass is most often used in the Indonesian and Vietnamese cuisine. Lemongrass tea, with its anticonvulsant property, is especially useful for **digestive problems such as bloating, abdominal pain, vomiting as well as for colds, headaches and fevers**. That is the reason why it is known as “**the fever grass**” in the Caribbean where its healing effect found space in traditional healing methods. Due to a high concentration of **vitamin A** in the lemongrass leaves, they are effective **against skin problems** as acne. Lemongrass tea has a invigorating **effect on the mental state** and improves concentration.



The flavor comes from two main compounds found in the plant: **citral** and **mycrene**. This rich and precious essential oil brings an antimicrobial, antispasmodic and analgesic effect. Many are the soaps, perfumes and cosmetic products scented with lemongrass' oil. Also lemongrass oil is used as a deterrent to insects.

PRODUCTION

Since 2001 *Cymbogon citratus* (Lemongrass), as well as other herbs, has been successfully cultivated at the “Land of the Medicine Buddha”, OneWorld’s own herbal farm. The noble **Lemongrass leaf** has been cultivated using bio-dynamic farming methods, and so, after inspection and certification from IMO Switzerland and Demeter International, they can now carry the **Organic and Demeter logos**.

Carefully handpicked, and gently dried in the shade, the leaves and fruit contain all of its healing properties. The herbs are then selected and added to noble tea mixtures by **OneWorldalc Nepal**. OneWorldalc is a German - Nepali cooperation for **bio-dynamic agriculture** that upholds **Fair Trade** standards in all its undertakings and is a member of the International Federation of Organic Agriculture Movements (**IFOAM**). We are happy to be able to offer you Lemongrass leaves of the highest quality as a true **LOHAS product**.

OUR PRODUCTS CONTAINING LEMONGRASS

Lemongrass leaves can be found in our following teas: “**Frisch und Froh**“; “**Ayurveda Power**“ and “**Morgenwunder**“. The raw leaves can also be purchased unmixed on request.