West Indian Lemongrass
*Cymbopogon citratus*

- **Height:** Grows up to 4ft. in height and 3 feet wide.
- **Foliage:** Blush-green leaves
- **Seed Production:** Slow to produce seeds
- **Growth rate:** Fast
- **Origin:** Malaysia

East Indian Lemongrass :  
*Cymbopogon flexuous*

- **Height:** Grows up to 7 feet in height.
- **Foliage:** Dark-green
- **Seed Production:** Quick
- **Growth Rate:** Fast
- **Origin:** South India

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The most common method used to extract lemongrass oil is direct steam distillation which captures the highest amounts of lemongrass compounds.

Lemongrass oil is extracted from dried and fresh herbs through the process of steam distillation which produces oil and hydrosols (aromatic waters).

In addition, the lemongrass waste remaining after distillation is used to make paper products.

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**Benefits and Uses of Lemongrass Oil:**

- Lemongrass essential oil can be used as an antiseptic, analgesic, astringent, antidepressant, antimicrobial, antibacterial, an insecticide, in culinary arts and in cosmetics

- **Health/Therapeutics**—Used to strengthen the immune system, maintain healthy cholesterol levels, reduce fever, control obesity, treat stomach disorder, treat diabetes and cancer, relieve pain, and remove harmful toxic wastes. It is also used in aromatherapy to relieve anxiety and stress by assisting you in clarity and promoting focus. It dispels feelings of despair and lethargy.

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**Agriculture Benefits of Lemongrass for Crop Production**

- Due to its root system, lemongrass can be used as ground cover to retain soil moisture and to control soil erosion.
- Planted on boarders or as a divider of crops, it prevents invasive plants and weeds from growing in crop areas.
- When planting various types of greens, lemongrass can be used as a divider between crops to assist in repelling whiteflies and aphids.
- Lemongrass can also be used as a feed additive to improve poultry growth rate.

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**Agricultural Benefits of Lemongrass Oil**

Some important components in lemongrass that are effective in agriculture are:

- **Citral:** An anti-microbial which prevents bacterial and fungal growth on plants. Lemongrass oil is 75% citral.
- **Acetate:** The most active ingredient in lemongrass essential oil. As a bio-pesticide lemongrass oil is used to trap yellow jackets.

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This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2018-38640-28417 through the Southern Sustainable Agriculture Research and Education program under subaward number FS19-316 USDA is an equal opportunity employer and service provider. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.
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