



Lemongrass Oil



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 flexuosus*

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

Did You Know!

The most popular use of lemongrass, worldwide, is for the production of lemongrass essential oil.

- ◆ 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.

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.

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 borders 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.

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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The Making of Lemongrass Oil



Planting

Plot Preparation



Harvesting

Irrigation



Processing

Building Distiller

Distillation



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