

Lemon Grass

To harvest, cut stems at ground level when the stems are about ½” thick. Push an outside stem to the side, then twist and pull it off or cut off with a knife. Discard the leaves and woody outer layers. Make sure you leave enough for the plant to continue growing and for others to harvest.

Lemon Grass Tea is an easy summer treat.

You'll need: 1 cup of lemon grass
2 cups of water
Sugar
Lime wedges (optional)

What to do: Cut the lemon grass into 4 – 5 inch pieces.
Bring 2 cups of water to a boil.
Add lemon grass and boil rapidly for 5 minutes.
Reduce the heat to low and simmer for an additional 5 minutes.
Strain the stalks from the liquid.
Serve hot or over ice.
Decorate with a lime wedge if desired.