



Lemongrass

Purchasing Specifications

Availability:

Year round

Growing Regions:

California, Asia, South America

Receiving Information:

- Stalks should be firm and green. Avoid yellow or brown wilting stalks.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: OK
- Odor Sensitive: No

- Storing tips: Wrap tightly in foil or plastic to prevent drying. Kept refrigerated, lemongrass will retain its freshness and pungency for up to two weeks. Lemongrass freezes well when wrapped tightly.
- Handling tips: Because of their fibrous texture, the tough outer leaves are removed from food prior to serving. When peeled, the tender inner leaves, which are greener, can be sliced very thin and included in stir-fries, sauteed, or baked dishes.

- Variety/type description: A perennial grass, lemongrass has a white, bulbous base with several narrow, pale yellowish-green stalks growing up from it.
- The stalks contain citrol, an oil found in the skin of lemons.
- A key ingredient in Thai and Southeast Asian cuisine, lemongrass imparts an aromatic, pungent lemon flavor to soups, teas, and sauces.
- Also known as citronella root.
- The powdered form is called "sereh" powder

Nutrition Facts

Serving Size: 1 tablespoon

Amount Per Serving

	Fat Calories
	% Daily Value*
Calories 5	
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 1mg	0%
Total Carbohydrates 1g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	0%
Potassium 35mg	1%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

*Percent Daily Values are based on a 2,000-calorie diet.