

## Lemongrass

**Botanical Name:** Cymbopogon

Lemongrass is a perennial grass which is native to tropical parts of Africa and is widely used as a cooking herb. It has a fresh citrusy flavor and aroma. This herb adds a lemony taste and scent to soups, salads, stews, fish, and meat.

Asami sources its Lemongrass directly from small-scale farm co-ops in Africa. Lemongrass is used in teas as it has a soothing effect and helps to relieve stress and insomnia.

TASTING NOTES: Lemon taste, with a slight hint of sweet ginger, and very aromatic flavor. Smooth, soft mouthfeel and clean finish. Caffeine free

We recommend that you consult with a qualified healthcare practitioner before using herbal products, particularly if you are pregnant, nursing,or on any medications. This information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only. This ingredient is sourced from Egypt.



Now that you know more about Lemongrass, you should check out our blends with Lemongrass. <u>Cederberg Sunset</u>, <u>Diani Beach Detox</u>, <u>Luxor Lemon</u>, <u>Serengeti Trail</u>, <u>Zimbabwe Hearts</u>



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