

Harvest of the Month

Lemongrass



Calories
66

Total Fat
0g

1
cup

Sodium
4mg

Sugars
0g

FUN FACTS:

Lemongrass has a bulbous base, similar to a large scallion or green onion, with long, thin grayish-green leaves. It has a fresh lemony flavor with light hints of ginger and mint.

The bulb is a key ingredient in Thai- or Vietnamese-style soups, curries, salads, vegetable dishes, pickles or marinades.

Before using it in your dishes, slice lemongrass into rings or strips, then bruise to release the flavor.

This institution is an equal opportunity provider.

