

# the pur terroir<sup>®</sup>

INFUSÃO • HERBAL TEA



## LEMONGRASS

*Cymbopogon citratus*

*Cymbopogon citratus*, commonly known as Lemongrass, originated in warm climates, including Central America and Southeast Asia, but is now prevalent all over the globe. Its culinary impact is undeniable, but it is also recognized for its health benefits and ability to repel mosquitos.



## HOW TO PREPARE

Combine 2 tablespoons of Lemongrass leaves with 1 litre of 90°C water in your vessel of choice (tea strainer, tea pot, or even right into the mug). Let the leaves steep for 5-7 minutes, depending on how strong you like your tea.

## INGREDIENTS

100% pure Lemongrass leaves from our Territory.

## NUTRITIONAL INFORMATION

Dairy free, gluten free, caffeine free, thine free, suitable for vegetarians and vegans.

## HOW DOES IT TASTE?

Lemongrass tea is bright yellow in colour with intense, yet pleasant, citrus aromas. Its flavours are fresh and lemony, without being tart, and even have a touch of sweet vanilla.

## HEALTH BENEFITS

Bright infusions of Lemongrass can help ease anxiety, promoting relaxation and a good night's sleep. As a natural diuretic and anti-inflammatory, it also has detoxifying properties, helping to lower cholesterol, treat bloating, soothe stomach aches, and ease high blood pressure. It contains antimicrobials and antioxidants, aiding the fight against infection and supporting a strong immune system.

## CULINARY USE

Lemongrass is a staple in many Asian cuisines, particularly Thai. It adds a zesty citrus flavour to curries, soups, stir-fries, and marinades. Lemongrass can be an excellent compliment to lighter proteins, such as chicken or shellfish. Try it in a cocktail for a refreshing twist.

## HOW IT IS MADE

Organically cultivated plants originate in our nursery and are selected from the best adapted cultivars. Harvesting is done by hand near the flowering stage of the plant cycle (when essential oil concentration is higher). Leaves are dried at low temperatures, never exceeding 25°C. The best leaves are selected by hand.



**METAL TIN**  
35 servings  
40g



**DOYPACK BAG**  
20-25 servings  
30g



**TEA BAG**  
20 servings  
20g

Soalheiro