

# How To Grow Lemongrass In Pots

Lemongrass is a perennial plant with thin and long leaves and its indigenous in many parts of the world. Lemongrass is one of the commercially cultivated aromatic crops in India.

Lemongrass also grows in many parts of tropical and subtropical Africa. It has lots of medicinal properties and health benefits. It can be used in regular tea consumption for a basic aromatic flavour. Lemongrass is full of anti-cancer properties and its oil is used as aromatherapy of muscle. It helps to cope with fever and cough. It also has cholesterol lowering properties, in relieving stress deals with high blood pressure, cleanses the body, helps with menstrual problems and acnes.

## Varieties

Some of the commercial varieties of lemongrass are Sugandhi praman PRL-16, CPK-25, OD-408, RRL-39, pragathi and Kaveri.

The most suitable climatic condition for growing lemongrass is warm humid climate with full sunshine and rainfall ranging from 200-250 mm well distributed throughout the year. Lemongrass can be grown where rainfall is less provided there is an alternate irrigation system.

## Soil requirement

Lemongrass thrives well in wide range of soil ranging from rich loamy to poor laterite but sandy loam soil and red soil with good drainage and good organic matter.

When planting in pots, you can either use potting mix or garden soil with rich organic matter. Water log soil should not be considered for its cultivation. Lemongrass crop is best

propagated through seeds raised in nurseries. It can also be vegetatively propagated by splitting the clumps to slips.

## **Pest and diseases**

There is no serious disease, pest or insect reported to attack lemongrass crop. However, being a perennial plant, it is very sensitive to frost during the cold seasons.

The first harvest of lemongrass can be expected after 4 months of planting. It is recommended to plant lemongrass after the frost is passed. Usually lemongrass can become dormant in cold conditions. Harvested leaves can be stored under shade for three days before distillation.