

# SPICE OF THE MONTH

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## February's spice is lemongrass!

Lemongrass grows as a stalk, with long, dark green leaves and a lighter base that fades to white. It has a bulb at the bottom and is shaped a bit like a scallion.

Many recipes — including all four of our recipes this month — call for fresh lemongrass, which can be tough for home cooks to keep on hand. But it's easy to substitute:

**One teaspoon of dried lemongrass is roughly equivalent to one medium stalk of fresh lemongrass.**

To get the zing of fresh lemongrass even if you're using it dried, add a bit of lemon or lime zest.

It tastes bright, tangy, and lemony and is often paired with ginger, cilantro, and scallions. Many cultures tout its health benefits.

The plant loves heat and humidity and grows easily in Southeast Asia, India, and China. Lemongrass often appears in Southeast Asian cuisine, particularly in Thai and Vietnamese food including curries, soups, noodle dishes, and even drinks and desserts.

Fresh lemongrass can be refrigerated or frozen. Dried lemongrass can also be refrigerated to prolong its freshness, but make sure it's in an airtight container. Ideally, it should be replaced every 6 months.



## Sources - lemongrass

All the books listed here are available to check out from the Croton Free Library.

- *The Encyclopedia of Herbs, Spices & Flavorings: A Cook's Compendium* by Elisabeth Lambert Ortiz
- Penzeys.com
- *PokPok Noodles* by Andy Ricker with JJ Goode

These recipes are from:

- *Tangy Hot Tart & Sweet* by Padma Lakshmi
- *Vietnamese Food Any Day* by Andrea Nguyen
- *Vegetarian Viet Nam* by Cameron Stauch
- *Essentials of Asian Cuisine* by Corinne Trang

What did you cook with your lemongrass?

Post it on social media with the hashtag

#CrotonSpiceClub and tag us, or send a

photo & description to

gglazer@wlsmail.org!

**This lemongrass was purchased from Spice Revolution in Cold Spring.  
Find them at [spice-revolution.com](http://spice-revolution.com) & [@spicerevolution](https://www.instagram.com/spicerevolution) on Instagram.**