HEALTHY NEWS

Grow Lemongrass In Pots, It Will Repel Mosquitoes, Keep You Relaxed And Ease Your Headaches

By bestfolkmedicine · 04/08/2020 · 1 min read





Fly and mosquito season can be a real disaster and destroy our nights in the garden or porch, don't you agree?

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

But, things can be easier with the right repellents-one of the most effective ones is definitely citronella and lemongrass has plenty of it.

This fragrant component has a strong, but pleasant citrus-like scent that we people enjoy, but mosquitoes don't.

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In addition to helping you keep annoying insects away from you, lemongrass also helps you relax and alleviate headaches.

You can easily plant it in a pot at home.

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Let's learn how...

How to Plant & Grow Lemongrass in Your Home

Lemongrass is an herb popular in Thai cuisine. It has a taste similar to lemon and the edible part is small in comparison to the green plumes.

It possesses anti-fungal and anti-inflammatory characteristics and it's rich in citronella and myrcene.

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It also reminds of ornamental grass and its beautiful bluish hue and bushy strands will add their own glow when you place them on the patio, indoors or on the balcony.

To grow it, you need to place it in a light and warm area, but not overly exposed to sunlight. When the seeds sprout, replant them in cups until they grow and then plant them in suitable containers.

The plant won't be useful until thicker shoots appear-this may take years. Here are several useful ways to use it.

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Beneficial Ways to Use Lemongrass

- **Dry the leaves and use them for delicious tea**
- **Apply its oils to alleviate muscle pain and headaches**
- **Repel mosquitoes**
- **Lower stress and anxiety with the essential oils**

Sources:

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