



THE URBAN EDGE

ORGANIC FARM • FARM STORE
U-PICK ORCHARD

TheUrbanEdgeFarm.com

For more information on lemongrass, check out Bounty from the Box: The CSA Farm Cookbook by Mi Ae Lipe at the farm store or BountyFromTheBox.com.

ABOUT LEMONGRASS

Lemongrass is a perennial grass from Asia and Africa, related to citronella. It is commonly used in many Southeast Asian, African, and Caribbean dishes. Treasured for its aromatic, citrusy flavor, it adds a refreshing touch to teas, soups, marinades, curries, meats, vegetables, desserts, and beverages. Its essential oils are also widely used in perfumes, soaps, cosmetics, and insect repellents.

HOW TO SELECT AND STORE

Lemongrass should have plump bases and green, fresh-looking leaves. Avoid specimens that are brown, discolored, or dried out. If you happen to find a stalk with roots attached, you can place it in water and grow it into a plant.

Lemongrass stalks will keep for up to 2 weeks individually wrapped in plastic wrap or aluminum foil in the refrigerator.

PREPARATION TIPS

Lemongrass requires some preparation to release its lemony scent and flavor. The edible portion of the plant is its stalk, which is very tough and fibrous. To render its pulp and fragrant oils, these stalks must be thoroughly crushed or bruised.

If you are using fresh lemongrass, remove the tough outer leaves until you reach the more tender inner core, and cut off the bottom root end. If you are serving it in well-cooked dishes, diagonally slice the bulbous stalk into ¼-inch rings; otherwise, you can slice long strips if you plan to just infuse your food with its oils. But be sure to remove these tough pieces before serving; they are too fibrous to eat.

If you want to mince lemongrass, use only the bottom 4 inches of the stalk. To release its fragrant, flavorful oils, vigorously bruise the peeled stalks with the side of a cleaver or knife, a mortar and pestle, or a rolling pin. Then finely mince or crush the bruised pulp to use in food and beverages.

(Continued on back)

SERVING SUGGESTIONS

- Use lemongrass to add flavor and life to marinades, clear soups, and sauces.
 - Lemongrass-infused butter (using the most tender parts, finely ground and blended with soft butter) makes a perfect complement to lightly steamed broccoli or peas.
 - Lemongrass makes a relaxing, calming beverage: Bruise a 2-inch section of the stalk and drop it into a pot of steeping tea or hot lemonade.
 - As an antidote to colds and flu, infuse clear chicken broth or a light chicken soup with plenty of garlic, ginger, hot peppers, and lemongrass.
 - Lemongrass provides the delicate flavor of lemon without the sourness and bite of the citrus fruit. Add finely chopped stalks or pulp to seafood dishes in almost any preparation calling for lemon rind, zest, or juice.
 - Add 1 or 2 tablespoons of finely mashed lemongrass to your favorite salsa.
 - Finely ground lemongrass is an invigorating addition to salads, especially those containing cold meat, fish, and hot peppers.
-

LEMONGRASS HALIBUT

SERVES 4

RECIPE FROM VITAL CHOICE SEAFOOD

Fresh lemongrass skewers add a fragrant citrus note to succulent halibut. Green curry paste, Thai fish sauce, and toasted sesame oil are all available in the Asian section of the supermarket or at an Asian grocery store. Serve with jasmine or coconut rice.

2 tablespoons toasted sesame oil, macadamia nut oil, or extra-virgin olive oil

1 tablespoon green curry paste

1 teaspoon turmeric

1 tablespoon freshly grated fresh ginger

1 tablespoon rice wine vinegar

1 teaspoon nam pla (Thai fish sauce)

4 (6-ounce) skinless, boneless Alaska halibut fillets

4 fresh lemongrass stalks, each about ¼ inch in diameter and 6 inches long

1. In a small bowl, thoroughly blend the oil, curry paste, turmeric, ginger, vinegar, and nam pla until well combined. Brush the paste on the halibut fillets. Cover and refrigerate for 30 minutes to let the flavors mingle.
2. Preheat the grill to medium-high heat. Thread the halibut onto the lemongrass skewers, one fillet per skewer. Place the skewers on a well-oiled grill or a greased broiling pan.
3. Grill the halibut directly above the heat source for 4 to 5 minutes per side, turning once during cooking. Cook just until the fish is opaque throughout, and serve.