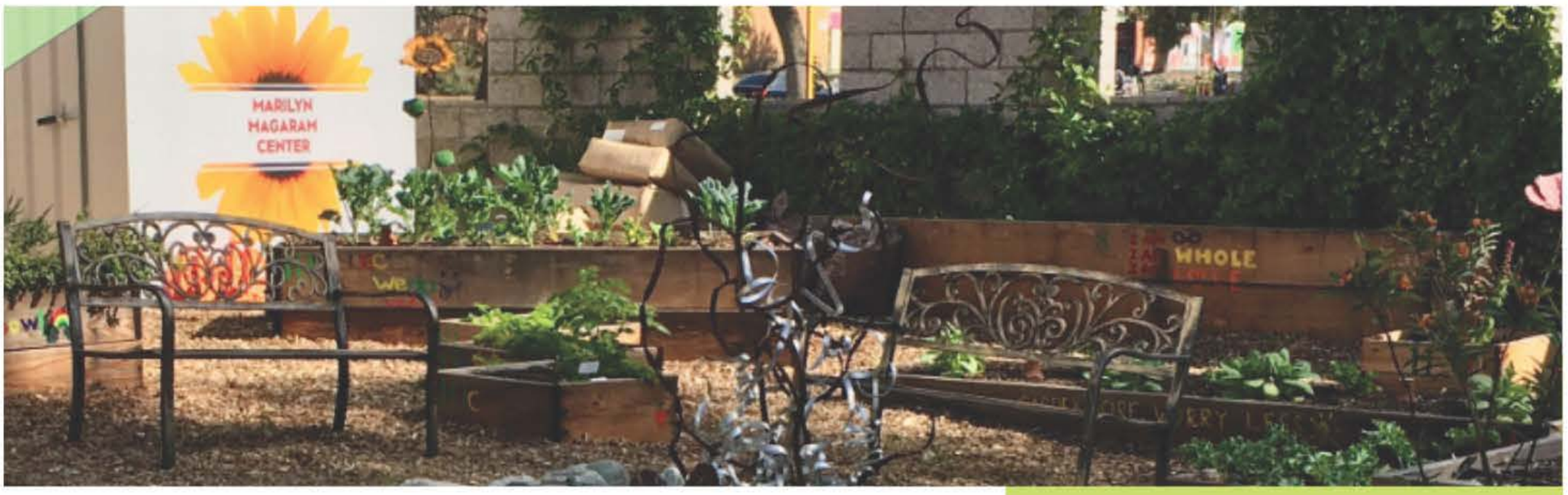
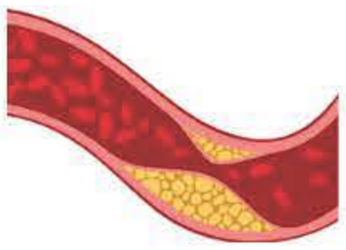
Herb of the Week:
LEMONGRASS



Health Benefits



LOWERS CHOLESTEROL

It can help lower bad cholesterol levels in the blood

IMPROVES SLEEP

It calms nerves and muscles, promoting relaxation and sleep

TYPE-2 DIABETES BENEFITS

It helps improve the body's tolerance to sugar

CSUN
MARILYN MAGARAM CENTER FOR FOOD SCIENCE, NUTRITION AND DIETETICS

MMC Wellness Garden

Let's grow Healthy

Kitchen Tips

ADD INTO SOUPS

ADD INTO SALADS

DRINK IT AS A TEA

MAKE INTO A PASTE

read more about these tips:
https://www.organicfacts.net/health-benefits/herbs-and-spices/health-benefits-of-lemongrass.html