Teapigs Pure Lemongrass: A Southeast Asian Classic

From the teas.co.uk wiki

> **Teapigs Pure Lemongrass, in summary:** Teapigs Pure Lemongrass keeps the herb single-source for a clean citrus cup. Daytime alternative to green tea, southeast Asian food pairing, hot or iced.

Last reviewed by the teas.co.uk team in March 2026.

Teapigs Pure Lemongrass (currently unavailable) is the brand's single herb lemongrass, bright, citrusy, refreshingly clean. The Southeast Asian kitchen staple in tea form. Excellent for digestion, a mild settling effect, and as a citrus alternative to standard lemon and ginger blends. Naturally caffeine free; works hot or iced.

The blend

Teapigs Pure Lemongrass contains:

- 100% lemongrass.

That's it, pure lemongrass, no fillers, no flavourings.

What is lemongrass

Cymbopogon citratus is a tropical grass native to Southeast Asia. Used extensively in Thai, Vietnamese, Malaysian, and Indonesian cuisine for its bright citrus character. The active aromatic compound is citral, same compound that gives lemons their lemony aroma.

How it tastes

- **Aroma:** Bright citrusy, lemon without acidity.
- **First sip:** Clean, crisp, lemon like.
- **Mid cup:** Slight grassy depth.
- **Finish:** Long, refreshing, slightly drying.

Curator Rating: 4.9/5.

How to brew

1. 1 temple bag in a mug.
2. 200ml just boiled water.
3. Cover the cup. Steep 5-7 minutes (longer extracts more citral).
4. Drink black or with honey if desired.

Iced version

1. 2 bags + 500ml cold water cold brewed 6 hours.
2. Strain. Drink chilled with ice and lemon slice.

Thai style

1. 1 bag + 200ml hot water.
2. Add a few slices of fresh ginger.
3. Steep 5 minutes.
4. Add 1 tsp honey + squeeze of lime.

Health context

Lemongrass has traditional uses for:

- Mild digestive support.
- Cold and flu comfort.
- Mild, restful effect.
- Skin and hair (topical, not relevant for tea).

Research on lemongrass as a sole intervention is limited. It's a useful supportive herb rather than a powerful one.

Why it works

Citral content

Lemongrass's distinctive aroma comes from citral. The citrus character is bright without lemon's acidity.

Gently settling

Some research suggests mild anxiolytic effect.

Anti microbial (in vitro)

Lemongrass essential oil shows antimicrobial activity in lab studies. Tea strength is much weaker but contributes to general resilience.

Digestive support

Traditional Southeast Asian use for indigestion and bloating.

Use cases

Post meal digestive

Bright, refreshing, mild digestive support.

Hot weather hydration

Iced for summer drinking.

Caffeine free citrus tea

Alternative to lemon and ginger or pure lemon teas.

Pre meal aperitif

Light, refreshing, prepares palate.

Asian cuisine pairing

Excellent with Thai, Vietnamese, Indonesian, Malaysian dishes.

Sore throat

Hot lemongrass + honey is soothing for early stage sore throat.

Compared to similar products

vs Pukka Lemon, Ginger & Manuka Honey

Pukka adds ginger and honey. Teapigs is pure single herb.

vs Twinings Lemon & Ginger

Twinings is mainstream blend. Teapigs is pure premium lemongrass.

vs Heath & Heather Lemongrass

Heath & Heather is mid tier mass market. Teapigs is premium temple bag.

vs fresh lemongrass

Fresh lemongrass (from supermarket vegetable section) is more aromatic. Teapigs is the convenient bag form.

Caffeine

0mg.

Vegan

Yes, pure plant.

Pregnancy

In pregnancy, the NHS advises no more than four cups of herbal tea a day and avoiding teas containing liquorice root; caffeine free does not mean every herbal blend is suitable, so ask your midwife or pharmacist if you are unsure. Always check with GP.

Pairings

- Thai green curry.
- Vietnamese pho.
- Lemongrass flavoured savoury dishes.
- Light salads.
- Fresh fruit (especially mango, pineapple).
- Coconut flavoured desserts.
- Citrus shortbread.

Pricing

Premium tier, typically 30-40p per bag.

Buying

Available at Waitrose, Whole Foods, online specialty retailers. Use /buy/teapigs lemongrass/.

Pack sizes

- 15-bag (trial)
- 50-bag (regular)

Storage

Airtight tin or original packaging. Use within 12 months.

Who it's for

- Caffeine free citrus tea drinkers.
- Asian cuisine enthusiasts.
- Iced tea summer drinkers.
- Single herb purist drinkers.
- Post meal digestive drinkers.

FAQ

What's lemongrass? Tropical grass with bright lemon like aroma; Southeast Asian cuisine staple.

Caffeine? 0mg.

Vegan? Yes.

Hot or iced? Both excellent.

Best with food? Asian cuisine, light salads.

Curator's note: Teapigs Pure Lemongrass is the British supermarket tier version of the Southeast Asian kitchen staple. Bright citrus, no caffeine, no acidity. Worth keeping for variety in the cupboard. Lee, teas.co.uk, Tunbridge Wells.

Teapigs Pure Lemongrass at a glance

Field	Detail
Ingredient	Whole-leaf lemongrass (single herb, no blend)
Pack size	15 pyramid bags
UK price	£3.50 to £4.50
Caffeine	None; caffeine-free herbal
Cup character	Bright citrus, clean grass-fresh, faint floral
Best for	Daytime herbal alternative to green tea, hot or iced, southeast Asian cuisine pairing

What to buy now

Buy Teapigs Pure Lemongrass for the single-herb cup. Stock lemongrass and ginger blends for variation, lemon verbena tea for a different citrus-herb experience, and lemon balm tea for the soothing citrus alternative.

FROM THE CURATOR

teas · A small reliable stash beats a big curious one. Cycle two or three teas you genuinely enjoy.

Lemongrass reading

For ingredient context see the lemongrass tea guide, the lemon verbena tea piece, and the lemon balm tea overview. For cuisine pairing see the tea and Asian food pairing guide. For brand context see the Teapigs deep dive.

More from the tea wiki

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