

Lemon Balm



Save money and always have a fresh supply with your own herb garden!

Mellisa officinalis

- **Use:** Lemon balm is valued as a culinary, cosmetic and medicinal herb. Use fresh sprigs to top drinks and as garnishes on salads and main dishes. The fresh or dried leaves make a great cold or hot tea, and the dried leaves can be used potpourris. Traditionally valued as a medicinal herb, lemon balm has mild sedative properties. Excellent for use in containers. Some love it to repel mosquitoes too!
- **Exposure/Soil:** They love full hot sun, but be sure to keep them well watered, but not drowning. Pinch tips back occasionally to produce a bushy plant! Use slow release fertilizer for best results
- **Growth:** Grows 1-2 ft tall and continues to spread. Excellent for use in containers
- **Hardiness:** Zones 4-9 Perennial
- **Foliage:** Deciduous. Four-angled stem that supports 1-3 inch toothed, ovate leaves.
- **Flower:** Insignificant pale yellow flowers are produced in summer.