

Lemon Verbena



Aloysia triphylla

- **Use:** As a culinary, lemon verbena makes one of the best beverage teas, especially when blended with mint. It can also be used to brighten the taste of fish, poultry, veggie marinades, stuffing, salad dressing, jellies, and vinegar. Chop up leaves and put them in drinks. As the leaves are tough, remove them before serving. Finely crumbled dried leaves can be added to the batters of carrot, banana, or zucchini bread. Try adding some to cooked rice just before serving.
- **Exposure/Soil:** Likes warm moist conditions with plenty of sunlight. Use slow release fertilizer for best results.
- **Growth:** Grows 4-5' tall and wide quickly. Pinch tips for bushy growth.
- **Hardiness:** 8-11, Mature plants well mulched in the field can survive brief temperatures as low as 6 degrees, at which point it becomes herbaceous (dies back to the ground).
- **Foliage:** Deciduous, fragrant edible leaves.
- **Flower:** They are small, white, single and inconspicuous. Their airy feel is an elegant crowning point for the open form of the plant. The fragrant flowers are also used in tea and culinary concoctions.

**Use in teas, cakes,
ice cream, and more.**

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