

Wild Bergamot



Monarda fistulosa

- **Use:** A hardy North American native perennial with fragrant foliage and lavender-purple blooms, known for its properties as a pollinator-friendly plant and for its use in traditional herbal remedies. It contains thymol, which provides antiseptic, anti-inflammatory, and antioxidant properties. Its leaves and flowers can be made into teas, used to flavor food, and employed for respiratory aid, digestive issues, and stress relief. Bees, butterflies and hummingbirds can't resist their sweet nectar and fragrance. Attract much needed pollinators and feed your soul with these beautiful, contained, carefree bee balms.
- **Exposure/Soil:** They prefer warm sun or part shade if warm spot in the garden. When they are growing, they do not like to dry out, but when they are dormant, they like to be dry. They can be grown great in containers as well, but containers should be left dry in the garage or under an eave for the winter. They can handle cold temperatures if they are dry.
- **Growth:** Moderate grower to 3-4' tall and 2-3' wide.
- **Hardiness:** Zone 3-9. Perennial Mulch around plant in the winter.
- **Foliage:** Deciduous. The toothed, aromatic, oblong, grayish-green leaves (to 4") may be used in teas. It is reputed to have some resistance to powdery mildew.
- **Flower:** It has soft to deep lavender, 3 in. wide, tubular, pin cushion-like flowers that attract butterflies and hummingbirds.

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them as cut
flowers!

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