

BEE BALM/WILD BERGAMOT

Monarda fistulosa (mo-NAR-da fist-yoo-LOW-suh)

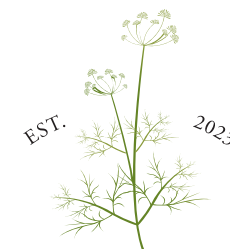
PERENNIAL | LAMIACEAE FAMILY

ZONES: 4-9

EXPOSURE: FULL SUN | LIGHT SHADE

MATURE HEIGHT: 24-48" | SPREAD 24-36"

BLOOM: LAVENDER | JUNE-SEPTEMBER



HERB & VINE

— healing plants —



Medicinal



Culinary



Butterflies



Pollinators



Aroma



Cut

This native plant is a huge hit with bees, butterflies and hummingbirds and makes a terrific border perennial. Wild bergamot was used by native North Americans to treat a variety of complaints. Plant spreads via underground rhizomes.

- Culinary: flowers, leaves and stalks are edible. Makes a strong and slightly spicy tea and a great substitute for oregano.
- Therapeutic*: ease bloating, aid digestion, treat headaches and fever. A tea made from the plant was used to treat mouth and throat infections (contains the naturally occurring antiseptic, Thymol, found in commercial mouthwashes).
- The flowers and leaves are good as cut flowers or dried for potpourri.
- Leave the seed heads through fall and winter as they feed seed-eating birds.



**Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.*



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