



# LEMON BALM

*Melissa officinalis* (mel-ISS-ah oh-fiss-ih-NAH-liss)

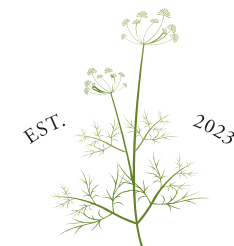
PERENNIAL | LAMIACEAE FAMILY

ZONES: 3-8

EXPOSURE: FULL SUN

MATURE HEIGHT: 24-36" | SPREAD 12-36"

BLOOM: WHITE | SUMMER-FALL



HERB & VINE

— healing plants —



Medicinal



Culinary



Aroma



Pollinators



Butterflies



Container



Resistant

A wonderfully aromatic herb, Lemon Balm attracts beneficial butterflies and bees in the garden, or pot it to enjoy its fragrance indoors. It's an excellent choice for alleviating stress and anxiety in adults and children.

- Therapeutic\*: leaves are best used fresh for nervousness, stress, depression, and stomach nerves. Aids digestion, helps with insomnia, and is an analgesic for headache, toothache and earache. Use externally to treat wounds, sores and insect bites.
- Culinary: used for tea and for adding lemon flavor to fish, chicken, salads, desserts, and other dishes.
- Bruise or crush the leaves and rub on skin or clothing to deter biting insects and mosquitoes naturally.
- Has been proven to cure cold sores very quickly due to its active antiviral polyphenols.

Cautions: may decrease effectiveness of thyroid hormone medication. Use under professional guidance.



\*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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