

ANOTHER  
HERB HERBERT FAVOURITE HERBS  
FACT SHEET

# Bergamot

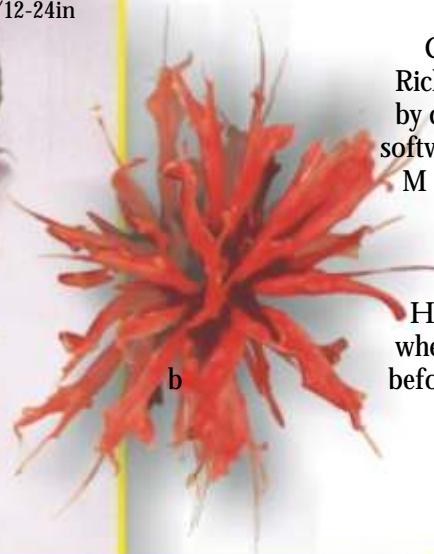
*Monarda didyma* - *Monarda citriodorus*

**T**his North American genus contains 12 species of annuals, perennials, and shrubs. *Monarda didyma*, found in rich, moist woodland, and *M. fistulosa*, native to dry hillsides and rocky woods, make good border plants. The brightly coloured flowers attract butterflies and hummingbirds.

*Monarda*'s are known as bergamots, because their aroma resembles that of the bergamot orange.

*M. didyma* is an aromatic perennial with erect, 4-angled stems and ovate, toothed leaves. Bright red flowers with red-green bracts are produced in a terminal whorl in summer and autumn.

Height 40cm-1.2m/16-48in Spread 30-60cm/12-24in



## PARTS USED

Whole plant, leaves, flowers

## PROPERTIES

An aromatic herb with a strong citrus fragrance and flavour.



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## Lemon Bergamot *Monarda citriodorus*

Strongly lemon-scented leaves are excellent in teas and as culinary herb, the flowers are edible. Its leaves are used fresh in salads and drinks and dried in herbal teas and potpourri.

## USES OF THE HERB

### Culinary

Leaves are infused as tea, and give a distinct Earl Grey flavour. Flowers are added to salads for a brilliant splash of colour. The leaves are a wonderful compliment to fruit.

### Aromatic

The citrus scent of the leaves and flowers add a refreshing lift to potpourris as well as adding colour.

## CULTIVATION

Rich, moist soil in sun. Propagate by division in spring, or by softwood cuttings in spring.

*M. didyma* is prone to mildew in dry conditions.

**HARVEST** Whole plant is cut when flowering, and leaves picked before flowering, and used fresh or dried for infusions.



Lemon Bergamot  
*Monarda citriodorus*

