

ANOTHER
HERB HERBERT FAVOURITE HERBS
FACT SHEET

Lemon Balm

Melissa officinalis

Melissa a genus of three species of perennials, which occurs throughout Europe to central Asia.

It was originally grown as a bee plant, which probably gave rise to its name, since Melissa is the Greek word for "honey-bee."

M. officinalis is still widely cultivated today for both its scent and its practical uses and is a lemon-scented perennial with a 4-angled stem and ovate, toothed leaves.



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Height 30-80cm/12-32in Spread 30-45cm/12-18in

PARTS USED

Whole plant, leaves, oil.

PROPERTIES

An aromatic, cooling, sedative herb that lowers fever, improves digestion, relaxes spasms and peripheral blood vessels. It has antiviral, antibacterial and insect-repellent effects.

USES OF THE HERB

Culinary

Fresh leaves give a lemon flavor to salads, soups, sauces and fish.

Aromatic

Dried leaves are added to potpourri and herb pillows.

Medicinal

Internally for nervous disorders, indigestion associated with nervous tension, depression, anxiety, gout, insect bites and as an insect repellent.

CULTIVATION

Ornamental. Moist soil in sun or partial shade. Propagate by seed sown in autumn or spring or by division or stem cuttings in autumn or spring. Cut back plants after flowering to produce a fresh crop of leaves.

HARVEST

Plants are cut as flowering begins and used fresh or dried in infusions, liquid extracts, ointments and tinctures. Fresh foliage is distilled for oil.

