

ANOTHER
HERB HERBERT FAVOURITE HERBS
FACT SHEET

Lemon Verbena

Aloysia triphylla



Any enquiries can be directed to:
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There are 37 species of deciduous or evergreen shrubs belonging to this genus.

Dried leaves of lemon verbena retain their fragrance for a long time and this makes them suitable for including in potpourri. It was first introduced to Europe during the eighteenth century after being discovered in South America by Spanish explorers.

The oil was highly prized as an extract to add to perfumes.

Fans of *Gone with The Wind* will recognize it as Scarlet O'Hara's favorite fragrance.

DESCRIPTION

Aloysia triphylla, is a deciduous shrub with narrow, lemon-scented leaves. White flowers in summer.

PARTS USED

Leaves, oil

PROPERTIES

An aromatic herb rich in volatile oils. The essential oil has bacterial and insecticidal properties

USES OF THE HERB

Culinary

Used to make a refreshing light, lemon flavoured herb tea. Add fresh leaves to marinades or use in stuffings, particularly for veal or fish.

Medicinal

Taken as a digestive aid or to help reduce the fever of a cold. The oil is used in aroma therapy for nervous and digestive complaints

Ornamental

A must for the fragrant garden as the refreshing lemon aroma is carried through the air. Can be trained as a topiary.

Aromatic

The dried leaves can be added to potpourri for a fresh fragrance or added to fragrant sachets.

CULTIVATION

Prefers a light, well-drained soil. Prune to shape as new growth appears in spring.

HARVEST

Leaves can be collected throughout the year and used fresh, or you can dry them for use in infusions.



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Height 3m (10ft) x Spread 3m(10ft)