Lemon balm - Plant

Melissa officinalis

Rating: Not Rated Yet
Price
Sales price R 272

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Description Melissa officinalis, known as lemon balm, balm, common balm, or balm mint, is a perennial herbaceous plant in the mint family Lamiaceae, native to south-central Europe, North Africa, the Mediterranean region, and Central Asia.

Common name: Melissa officinalis
Color: green
Bloom time: June to August
Height: 1.50 to 2.00 feet
Difficulty level: easy to grow

Planting & Care
Sow lemon balm seed ¼ inch deep. Thin successful seedlings to 8 inches apart and later to 18 inches apart. Space rows 18 to 24 inches apart. Lemon balm spreads by underground roots. To keep lemon balm from spreading, set it in the garden in a container that will keep the roots in place. Remove unwanted plants before they become established.

Sunlight: Full Sun to Partial Shade

Soil: well-drained soil

Water: Dry to medium

Temprature: 65 to 75 degrees

Fertilizer: Apply any organic fertilizer

Care:

- Cut back plants in fall leaving just 2 inches of stem.
- The plant may freeze back to the ground in winter but will re-grow from underground roots and re-new itself in spring.

Special Feature:
Herb gardens. Border fronts. Naturalize as a ground cover in informal areas
Use

Medicinal use:

- Lemon balm (Melissa officinalis), a member of the mint family, is considered a calming herb.
- It was used as far back as the Middle Ages to reduce stress and anxiety, promote sleep, improve appetite, and ease pain and discomfort from indigestion (including gas and bloating, as well as colic).

Ornamental use:

- The plant is used for ornamental purpose

Note:
Lemon balm is susceptible to verticillium wilt and mint rust. Prevent these diseases by removing dead stems and leaves from the garden in winter. Keep plants thinned to promote air circulation

Reference:
http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?kempercode=c857
http://www.harvesttotable.com/2009/04/how_to_grow_lemon_balm/