

## Lemon balm - Plant



Lemon balm is a perennial herb from the mint family. Lemon balm is an easy to grow herb that not only attracts bees to the garden, but is also a great anti-viral with relaxing properties

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Sales price R 272

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Description

## Description for Lemon balm

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	Flower colours	Bloom time	Height	Difficulty
Lemon balm, Melissa officinalis, balm, common balm, balm mint	green	June to August	1.50 to 2.00 feet	Easy to grow

## Planting and 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	Soil	Water	Temperature	Fertilizer
Full Sun to Partial Shade	well-drained soil	Dry to medium	65 to 75 degrees	Apply any organic fertilizer

## Caring for Lemon balm

- 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.

## Typical uses of Lemon balm

**Special features:** Herb gardens. Border fronts. Naturalize as a ground cover in informal areas

**Ornamental use:** The plant is used for ornamental purpose

**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).

## References

- <http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?kempercode=c857>
- [http://www.harvesttotable.com/2009/04/how\\_to\\_grow\\_lemon\\_balm/](http://www.harvesttotable.com/2009/04/how_to_grow_lemon_balm/)