

## Lemon Balm - Plant



Melissa officinalis, commonly called lemon balm, is a bushy herbaceous perennial of the mint family

Rating: Not Rated Yet

### Price

Sales price R 272

Discount

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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. Wrinkled, ovate, medium green leaves appear in pairs on square stems. Tiny, two-lipped, white flowers appear in the leaf axils throughout summer.

Common name	Flower colours	Bloom time	Height	Difficulty
Lemon balm	White to pale yellow	June to August	1.50 to 2 feet	Easy to grow

### Planting and care

Sow lemon balm seed one fourth 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	Average, dry to medium, well-drained soils	Dry to medium	65 to 75 degrees F	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 renew itself in spring.

## Typical uses of Lemon balm

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

**Culinary use:** Lemon balm is used as a flavoring in ice cream and herbal teas.

**Ornamental use:** The plant is used for an 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).

Note: Please consult your health expert.

## 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/)
- <https://www.rhs.org.uk/Plants/11040/i-Melissa-officinalis-i/Details>

## Reviews

Wednesday, 30 August 2017

Great plant, great case, great packaging. If you are planning to buy please go ahead.

Meenu Tevatia Baliyan

Monday, 28 August 2017

Thank you Nurserylive for such nice live plants collection

sahil

Tuesday, 22 August 2017

Rare new variety?

Varsha Chidambaram

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