

## Lemon Balm - Plant



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

Rating: Not Rated Yet

**Price**

299

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Description

**With this purchase you will get:**

01

Lemon Balm Plant

01

6 inch Grower Round Plastic Pot (Black)

## Description for Lemon Balm

**Plant height:** 5 - 8 inches

**Plant spread:**

*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(s):** Lemon balm

**Flower colours:** White to pale yellow

**Bloom time:** June to August

**Max reachable height:** 1.50 to 2 feet

**Difficulty to grow:** 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:** Full Sun to Partial Shade

**Soil:** Average, dry to medium, well-drained soils

**Water:** Dry to medium

**Temperature:** 65 to 75 degrees F

**Fertilizer:** 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

Saturday, 30 June 2018

Awesome packing for live plant.?

Kranthi

Saturday, 30 June 2018

Nice packing & plants,like professional brand..

Anoja Dipayan

Saturday, 30 June 2018

As good as shown in the website, plant is healthy. Packing was awesome.

Shamendra

Tuesday, 26 June 2018

Keep it away from harsh direct sunlight to prevent leaf burn.

Shyamali Basu

Sunday, 24 June 2018

Very good plant, very impressive packing, 2-3 leaves were dried. But will give 5 star

Gaurav Narwania

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