

Lemon Balm - Seeds - buy 1 get 1 free



Melissa officinalis

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Description

Description for Lemon Balm

Easily grown in average, dry to medium, well-drained soils in full sun to part shade.

Plants like full sun in northern areas but appreciate some part afternoon shade in hot summer climates.

Common name	Flower colours	Bloom time	Height	Difficulty
Melissa officinalis	White to pale yellow	-	1.50 to 2.00 feet	easy to grow

Planting and care

Follow these How to Grow Lemon Balm from seeds instructions and grow some wonderful "Lemony" flavour.

Grow in container or contained area of the garden as this plant spreads. Start indoors 6 to 8 weeks before last frost, and transplant out or direct so in late March to mid-April.

Barely cover the tiny seeds.

Sunlight	Soil	Water	Temperature	Fertilizer
Full Sun	well-drained soil	Dry to medium	68Å°F	Apply any organic fertilizer

Caring for Lemon Balm

Lemon balm can grow well in most climates, although it prefers drier climates. PLANTING TIME: Plant seedlings indoors in early spring, (6-8 weeks before last frost), or sow seeds on the surface of soil after the last frost of spring.

Harvesting

The plant will regrow in 4 weeks or so in warm weather.

Typical uses of Lemon Balm

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

Medicinal use:

In medieval times it was used medicinally to cure all forms of ailment from crooked necks to morning sickness, it was thought to be beneficial to help heal wounds, treat venomous insect bites and stings and for alleviating pain from gout.

References

http://www.harvesttotable.com/2009/04/how_to_grow_lemon_balm/ <http://www.seedaholic.com/lemon-balm-melissa-officinalis-bee-balm.html> <https://www.westcoastseeds.com/how-to-grow-guides/grow-lemon-balm/>