

Lemon Balm

Lemon Balm (*Melissa officinalis*)



Season: Spring/fall

Perennial

Sun Exposure: Full sun but will tolerate shade

Size: 12–24in tall and wide

Blooms: Small white flowers in tight clusters along the length of the stem.

Maintenance Category: Low

Highlights: Will die back in the winter but come back in the spring; attracts bees and pollinators; in the mint family so can be an aggressive grower, can be planted in containers; is edible and has a lemony flavor.

How to Use: Culinary—use in hot and cold teas and beverages, sprinkle chopped leaves over cooked vegetables, green salads, or even ice cream.

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