

Living Herbs

Description

Bergamot Bee Balm
Monarda Fistulosa
Family: Lamiaceae

Bergamot Bee Balm is a perennial mint-like plant with stems up to 100cm tall that bear a single purple flower consisting of florets arranged around a thick cushion-like calyx.

Growing Tips

This herb likes moist, well-drained soil and placed in a sunny position for good flower yield. It forms thin rhizomes along which new plants will sprout up.

To get the best results divide the plant every 3-5 years to prevent excessive spreading.

Parts Used

Flowers, leaves

Uses

The flowers enliven the taste of a salad and look great as ornaments. The fresh leaves can be crushed and used as poultices for minor wounds.

Tea is made from its leaves which can aid digestive problems and also as a mouth gargle to help sore throats. Essential oils can be extracted from the leaves, which can help alleviate headaches/migraines.

It is an excellent companion plant for small susceptible vegetable plants, attracting pollinating insects and deterring pests above and below ground due to a high presence of oils.

Origin & History

The Bergamot Bee Balm is a native of North America but also grows wild in the northern regions of the continent including Canada.

The American Indians used it to cure colds, as an antiseptic to put on wounds and as a tea to aid digestion and combat mouth infections.

The dried leaves were used to season game.



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