

Living Herbs

Description

Bergamot Lemon
Monarda Citriodora
Family: Lamiaceae

Also called Lemon Mint, Purple Horsemint, even Lemon Balm, it is in fact the same family as Mint. Bergamot Lemon grows thin stems with medium size, oval, soft green leaves from early to mid summer and form soft, beak-shaped white, purple or pink flowers arranged around the stem.

Growing Tips

It is an annual plant that easily grows from seeds so it is almost considered a perennial. Bergamot Lemon likes soil with clay and thrives in dry, open conditions which are exposed to the sun.

Parts Used

Leaves

Uses

This herb is great with fish or to flavour desserts in a similar way as the herb Mint. Its leaves can be made into tea and are known to calm the mind and dispel anxiety. Together with Valerian they are used as sleep tisanes. The flowers can be used in flower arrangements for its appearance as well as for its fragrance although they do attract bees and benevolent flies in the garden. The leaves when dried can also be used as insect repellents.

Origin & History

Bergamot Lemon is a wild flower from Northern America and is part of the "high-grass prairies" throughout the mid-southern parts of America.

(Not to be confused with the Italian citrus Bergamia that is commonly known as Bergamot Orange and a relative to the lemon and lime tree with its origin in Italy.)



Bergamot Lemon

