

## Description

**Lemon Verbena**  
*Aloysia Triphylla* / *Aloysia Citriodora*  
Family: Verbenaceae

# Lemon Verbena

## Growing Tips

Lemon Verbena is a perennial deciduous shrub that grows up to 3m tall. It produces lance-shaped 5-8cm long, bright green leaves arranged in groups of three, (thus the name triphylla), around the stem and which exude a strong lemon scent. New stems are red-brown (whereas older stems turn bright beige and scruffy) and produce a small white flower with a tiny blue centre.

It grows best against a wall or next to a driveway as it likes good drainage and a sheltered position. It is frost tender and does not tolerate wet feet. For best results prune back dead growth in spring when new growth is about to start. It can also be grown in a pot but must be watered frequently. In winter, place in a darker room and water sparingly, do not fertilise.

## Parts Used

Leaves

## Uses

Lemon Verbena's fresh leaves can be added to fish and poultry as well as desserts, jellies, ice creams, vinegars, drinks, fruit salads, cakes and stuffing. When placed in a finger bowl it can also remove the taste of seafood.

The essential oil has strong anti-oxidant effect and is used in Candida and as a base for natural household products such as air fresheners and furniture polish. Caution must be taken when using the oils during pregnancy.

Used as a herbal tea with fresh or dried leaves before bed, it can act as a sedative and soothes the digestive system. It also helps clear bronchial and nasal congestion.

## Origin & History

Lemon Verbena is native to South America and was brought to Spain, England and France in the 18th century by Imperial explorers.

It was initially named Yerba Luisa after the Princess of Parma, Maria Luisa who was the wife of King Charles IV, from 1788 to 1808. In that time it was mostly used as perfume.

