Did You Know?

Lemon Balm, *Melissa officinalis*

- Contains vitamin C, Thiamin and is high in flavonoids
- The greatest concentration of the lemony essential oil is in the upper third of the plant
- Medicinal use dates back to the ancient Greeks and Romans in 300 B.C.
- The botanical (genus) name *Melissa* means “bee” in Greek, likely for the plant’s ability to attract bees
- Early herbalists and writers praised lemon balm for its medicinal and uplifting qualities
- Over the centuries, lemon balm has been used to treat melancholy/depression, gout, toothaches and if mixed with wine, scorpion stings and dog bites.
- Was a European strewing herb on the floors of churches and other buildings to freshen rooms
- In the Victorian language of flowers, signifies social intercourse, pleasant company of friends, memories, a cure, and don’t misuse me
- Brought with early American colonists brought lemon balm and used to make potpourri and tea, to attract honeybees for production and as a substitute for lemons in jams and jellies
- Easy to grow, self-seeds readily and adaptable to most growing conditions
- Has a wide variety of culinary applications, from sweet to savory in beverages, appetizers, main dishes and desserts

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