



# Lemon Verbena Facts

*ALOYSIA CITRIODORA*

- Symbolizes sensitivity in the language of flowers;
- Native to Argentina, lemon verbena is often thought to have the best lemon fragrance of the lemon-scented herbs and is intensely lemon flavored.
- Lemon verbena was very popular with the ladies of the Victorian era who sewed leaves into the darts of their dresses, tucked them into hankies and nose gays and floated them in finger bowls of water.
- The Spanish brought it to Europe in the 17<sup>th</sup> century.
- Since the 17<sup>th</sup> century, lemon verbena has been cultivated for its oil.
- Most popular uses include teas, baking, salads and salad dressing, as well as pot pourri. It can also be used to flavor meat or fish and in making pudding, sorbet and ice cream.
- France, Algeria and Morocco cultivate lemon verbena for its essential oil.

## GROWING TIPS

- Hardy to zone 8;
- Thrives in full sun and in rich, well-drained soil;
- Fertilize regularly throughout the growing season;
- Does well in containers or in beds;
- Prune regularly to help plant maintain a bushy shape. Can grow up to 3 feet tall.
- Favorite planting locations include along paths and on patios where simply bumping against it or gently rubbing the leaves releases the lemon fragrance.
- Propagate by cuttings of new growth or grown from layers. Also may be grown from seed.