

Lemon Balm

A member of the mint family, lemon balm is not as invasive as other mints. It is generally low growing. It is perennial although it tends to go to ground in the winter. It prefers shade and it prefers the ground over growing in a pot. Like so many herbs, there are many varieties. If grown from seeds, do not cover the seeds and keep ground moist. It is difficult to root but can be grown from cuttings.

Lemon balm has a pleasant lemon flavor and is used in teas and salads. It is also sometimes used in a steam for a facial.

