

Common Name: Balm, Citronella

Botanical Name: *Melissa officinalis* 'Citronella'



Zone: 5-9

Type: Herbaceous perennial

Height: 1.5 – 2 ft.

Width: 1.5 – 3 ft.

Habit: Bushy

Flower: White to pale yellow

Bloom Season: June - August

Foliage: Green, saw-toothed, fragrant

Fruit: N/A

Flavor: Citrusy

Fragrance: Lemony, most fragrant of the balms

Sun: Full to part shade

Soil: Average, well-drained

Water: Dry to medium

Tolerant: Drought, poor soil, deer

Culinary Uses: Edible leaves used in salads, soups, sauces, vegetables & to flavor teas.

Garden Uses: Fragrance garden, herb garden, filler

Medicinal Uses: Historically used for calming nervous disorders, soothing insect bites & treating colds. **Contains more essential oil than other lemon balms- (almost double!)**

Harvesting: Frequent pruning, including removal of flower stalks, encourages new leaf growth (which have the best fragrance), minimizes self-seeding & improves ornamental value. Unpruned plants may appear weedy.

Attracts: Honey bees (Melissa is Greek for honey bee)

