



# HERBS

## Medicinal and Culinary

### Seedlings ~ Fresh-Cut ~ Dried

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Genus: **Melissa**

Species: **officinalis**

Plant Family: **Lamiaceae**

Common Name: **Lemon Balm**

#### Garden Care

Native to the Mediterranean, Russia, Syria, Iran and Turkestan. Flowers yellow to 2 feet tall. Plant prefers shade to part sun and is not picky about the soil. Light-dependent germinator. Scarify seeds lightly on fine sandpaper and sow outdoors in the fall or very early spring or provide 2 weeks of cold conditioning. Barely cover seeds with soil, tamp securely and keep evenly moist. Germination in 10-40 days. Prefers full sun or shade; normal garden soil and minimal water. Plant 1 to 2 feet apart.

#### Herbal Actions

Actions Description	Actions Description Detail
Antidepressant	Lessens the frequency, occurrences, or intensity of depressive states.
Antiviral	Inhibits growth and production of viruses.
Carminative	Aids the release of gas from the intestines and reduces the production of gas.
Diaphoretic	Stimulates perspiration through peripheral vasodilation or stimulation of sweat glands.
Nervine	An herb that has a positive effect on the nervous system.

#### Herbal Energetics

**Energetics Description**  
Cool  
Dry

#### Parts Used

**Parts Description**  
Flowers  
Leaves

#### Type of Plant

**Type Description**  
Herbaceous  
Perennial

#### Habitat

**Habitat Description**  
Sun  
Part Sun/Shade  
PH Average 5-7

#### Contraindications

**Description**  
Consult a medical practitioner prior to consuming herbs as medicinals; especially if combining with prescribed pharmaceuticals, you are pregnant or nursing, or when providing to children.  
May inhibit Thyroid Stimulating Hormone (TSH).

#### Preparations

**Preparations Description**  
Edible - Culinary  
Infused Honey  
Infused Oil  
Infused Vinegar  
Salve  
Tea