



## Lemon Balm Planting Guide

### About Lemon Balm

Lemon balm is a long-cultivated culinary herb that is primarily used in herbal teas. This lemon scented herb comes from the same family as mint and is known to reduce stress and anxiety, promote sleep, improve appetite, and ease pain and discomfort from indigestion.

### When to Plant

Start Lemon Balm indoors 6-8 weeks before the last frost of the season or sow directly into the garden after the last frost of the season

### Where to Plant

Lemon Balm grows best in average soils that are dry with access to full sun (6-8 hours of sun per day) to partial sun (4-6 hours of sun per day). Well draining soils are beneficial. Avoid soils that stay wet, as root rot will occur.

### How to Plant

When started indoors, transplant into the garden 8-12" apart. When started from seed outdoors, spread onto moistened soil via broadcasting. Do not cover the seed, as light is needed for optimal germination.

### Caring for Lemon Balm

For the most potent flavor, harvest Lemon Balm before the plant flowers. Older leaves have a stronger flavor than younger ones. Simply cut mature leaves from the stems of the plant, leaving some behind to keep it healthy. Pruning Lemon Balm can encourage new leafy growth and a bushier appearance. Leaves can be used fresh to garnish a cooked dish or add to a salad, or they can be hung to dry in a cool, dark place. Store dry leaves in an airtight container such as a jar.