

# Balm, Lemon

Herbs



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Suggested species: *Melissa officinalis* (botanical name)

## Herbs

### PLANT



Sow seed 0.1cm deep in pots and transplant seedlings 45cm apart. Can also dig up and split established plants in spring or autumn. Choose well drained soil in sunny site

### GROW



Pinch out growing tips to encourage bushy plants. Cut back after flowering for new growth and prevent stems becoming woody. Leaves die back to soil level in winter

### EAT



Pick strongly lemon scented leaves before flowers open for use fresh or drying. Flowers are also edible with sweet lemon flavour. Will crop year after year

### Growing guide

Easy!

### Average growing period

From 12 weeks

### Equipment needed

None

### Germination time

7-14 days

### Average plant size

Up to 75cm tall, 45cm wide

### Family group to grow with

Lamiaceae: mint, thyme

### Seed saving group

I - (Perennial, self-pollinating)

### Key nutritional content

Fresh addition to recipes

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot