**Balm, Lemon**  
Suggested species: *Melissa officinalis* (botanical name)

**PLANT**
Sow seed 0.1 cm deep in pots and transplant seedlings 45 cm 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 75 cm tall, 45 cm wide

**Family group to grow with**
- Lamiaceae: mint, thyme

**Seed saving group**
- 1 - (Perennial, self-pollinating)

**Key nutritional content**
- Fresh addition to recipes

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**Sow indoors**
<table>
<thead>
<tr>
<th>Spring Term</th>
<th>Summer Term</th>
<th>Autumn/Winter Term</th>
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<tr>
<td>J</td>
<td>F</td>
<td>M</td>
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<td>Sow outdoors</td>
<td>Plant out/transplant</td>
<td>Harvest</td>
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2.5 cm = 1 inch  
30 cm = 1 foot

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