

BEE BALM

AROMATIC, ALMOST EXCLUSIVELY PERENNIAL HERB

COMMON USES

In addition to smelling good, bee balm also tastes good. It can be used as an herbal accent on salads, or as a flavoring for olive oil. It attracts bees and makes for an excellent pollinator



HARVESTING AND STORAGE

Wild Bergamot flowers bloom from June to July. Gather edible leaves and flowers in bloom, dry on small bundles in paper bags in a dry, well ventilated area. Bee Balm can be used for tea, or as an aromatic suitable for sachets and potpourri.



FEATURED RECIPE

Flowering Bee Balm Tea

- 1 fresh bee balm blossom
- 1 cup hot water

