

LEMON BALM

A CALMING HERB PART OF THE MINT FAMILY

COMMON USES

The fresh or dried lemon balm leaves can be added to green salads, sandwiches, marinades, sauces, vegetable soups, and stews. It can also be used as a stuffing for pork, veal, or poultry, lemon balm can be used in dishes of vegetables, eggs, jams and jellies, and also in the preparation of herbal vinegar. The lemon balm has a rather delicate taste, so use as much as you need.



HARVESTING AND STORAGE

Harvest: Young leaves can be harvested during the growing season at anytime for immediate home use. Due to the tender nature of the leaves, Lemon Balm must be handled carefully to avoid bruising and discoloration.

Storage: A shady and airy location is ideal to hang the harvested plants to dry. Airtight jars must be used for storage once the leaves are crisply dry.

Alternately, ice cubes may be used to freeze the leaves for long term storage

FEATURED RECIPE:

BEEKEEPER'S BALM COCKTAIL

6 tablespoons honey

1/4 cup very warm or hot water

2 cups white rum (optional)

(mocktail use 1/2 tsp. coconut oil or a splash of coconut water)

3/4 cup freshly squeezed, lemon juice, strained

1 cup fresh lemon balm leaves, loosely packed (and stems for garnish!)

Club soda or seltzer

