

# Lemon Balm

- \* Scientific Name: *Melissa officinalis*
- \* Family: Mint (Lamiaceae)
- \* Type: Perennial Edible Herb
- \* Native range: Southern Europe
- \* Sun: Full sun to part shade
- \* Blooms: May to September
- \* Attracts: Honey bees, Bumblebees, Butterflies, & Native bees among others.
- \* Cultivated: Alamance County

**Notes:** Has lemon-scented foliage, that are edible and may be added to salads, soups, sauces or vegetables. The inconspicuous flowers are nectar foraged by bees. *Melissa* means "honey bee" in greek. The European honey bee's scientific name is *Apis mellifera*. "*Apis*" is the Latin word for "bee", "*mellifera*" comes from the Greek "melli", honey, and "ferre", to bear - hence, the scientific name means the honey-bearing bee.

