

# LEMON BALM

- TYPE:** Perennial
- SUN:** Full Sun to Partial Shade
- HEIGHT:** 18 to 24 inches
- GROWING IT:** Average, well drained soil. Space 2 feet apart. Grows well in containers.
- PARTS USED:** Leaves.
- HARVEST:** Pick leaves as needed. Preserve by drying or freezing. Leaves lose scent quickly when picked, best used fresh.
- CULINARY:** Leaves in teas and ice drinks, cheeses, meat, soup, salad, sauces, fish, poultry, jellies, and dips. Add at end of cooking.
- AROMATIC:** Dried leaves can be added to potpourris and herb pillows.

## TRY IT!

### LEMON BALM FISH BROIL

- 4 c. fresh lemon balm, washed and drained
- 2 Tbs. fresh fish (trout, perch, flounder, halibut)
- 4 Tbs. melted butter
- 1 c. fresh parsley, chopped
- 1 Tbs. fresh dill, snipped
- Dash of paprika
- Dash of chopped summer or winter savory
- Fresh lemon slices

Mix melted butter, parsley, and dill together. Set aside. Place fresh lemon balm leaves in a buttered 8x12 inch Teflon or glass baking dish. Spread the fish on top of bed of lemon balm. Brush the fish with herbed butter, sprinkle paprika over all and a dash of summer savory. Broil 10 minutes, then turn off oven. Cover and leave in closed oven for 15 minutes. Serve on platter with fresh lemon balm and lemon slices as garnish.