

Lemzest™ Lemon Balm

Melissa officinalis 'LB01' (b)

NATURAL HEALTH

Lemzest™ Lemon Balm is a cutting grown lemon balm for constant and strong flavour

- A stronger, zesty Lemon Balm with exquisite lemon tones that are bursting with flavour.
- The attractive leaves are mid to dark green, heart shaped, and have a lace-like texture which makes this a pretty plant.
- Small white flowers appear later in summer than other forms, and it is later to go to seed.
- Use 1/3 the suggested amount of this herb in traditional recipes, or use the full recommended amount to make it the hero of the dish.
- Lemzest™ has been confirmed to contain the desirable Rosmarinic Acid, a general anti-oxidant with other potentially healthy benefits.

Description	Dense, bushy plant
Density	3-4 plants per m ² 2 per linear metre
Height & Width	35-45cm x 40cm
Flowering	Small white flowers in late summer
Best Planting Time	September–January
Uses	Gardens, pots and planter boxes
Position	Full sun to part shade
Soil Type	Well-drained, fertile soil; avoid wet feet
Care	Keep soil moist in hot summers. Avoid overwatering, particularly in winter. In spring and autumn if required, use a slow release fertiliser and/or incorporate compost into the soil. If heavily harvested, apply a light application of quick release as required (usually only for pots). Prune/harvest regularly for best growth. It benefits from picking a little fresh each day for teas etc. If required, prune by up to 1/3 in autumn or spring for a tidy plant (generally only for warmer climates).
Where it Works	Australia-wide in right conditions

