PLANT FACT SHEET

Monarda didyma L.

GENUS *Monarda* **FAMILY** Lamiaceae

COMMON NAMES Oswego Tea, American horsemint, Bee balm, Bergamot, Mai guo bo he, Red Bergamot

EDIBLE PARTS AND USES

Edible parts: Leaves tea, Herb, Spice, Flowers

The fresh or dried leaves are used for tea.
They are also used fresh or dried to flavour pork dishes, cooked vegetables and in salads and stews.
The flowers are also used in tossed salads.

DESCRIPTION

A plant which grows to 1 m high. It grows from seed each year. The leaf stalk is 2.5 cm long. The leaf blade is 10 cm long by 4.5 cm wide. It is papery. The teeth along the edge are unequal. The flower heads are 6 cm across. The flowers are tube shaped and about 12 form a round head. The flowers are purple-red.

HABITAT

It is a temperate climate plant. It likes moist places. In Hobart Botanical gardens. It suits hardiness zones 4-9.

PRODUCTION

Cultivation

They can be grown by division, basal cuttings or seed.

NOTES

There are 15 Monarda species.

PICTURES



Credit: Food Plants International (Bruce French)



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