PLANT FACT SHEET

Aloysia citrodora Palau

GENUS *Aloysia* **FAMILY** Verbenaceae

COMMON NAMES Lemon verbena

EDIBLE PARTS AND USES

Edible parts: Leaves, Herb, Flowers, Leaves - tea

The young leaves can be eaten cooked or used raw in salads for their lemon flavour.
The leaves can be used for tea.
The leaves can be used fresh to flavour fruit salads, punches and fruit cups.
The leaves can be used fresh or dried.

DESCRIPTION

A shrub to 1.5-3 m high. It spreads to 3 m across. It keeps growing from year to year. It loses its leaves during the year. The leaves are slender and green. They are 10 cm long. They smell strongly of lemon. Under the leaves there are oil glands which give a sticky, almost rough feel. The flowers are purple and white. They form in feather like groups are the ends of branches.

HABITAT

It is a warm temperate plant. It requires a sunny sheltered position. It needs a moderately fertile well drained soil. It requires a warm damp climate. In Hobart Botanical gardens. (As Lippia citriodora). It suits hardiness zones 8-12. Arboretum Tasmania. It needs good sunlight and a well-drained soil. The soil needs to be kept moist. In Argentina it grows between 500-3,500 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from cuttings. It can be grown from seed or from woody cuttings. Trees are best pruned to give a thick clumpy bush.

Harvesting and Seed Production

The leaves are best harvested a couple of months after the new leaves appear. The leaves are normally dried.

NOTES

There are about 40 Aloysia species. The correct name is Aloysia citriodora.
Medicine.

PICTURES



Credit: Food Plants International (Bruce French)



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