PLANT FACT SHEET

Monarda fistulosa var. menthifolia (Graham) Fernald

GENUS *Monarda* **FAMILY** Lamiaceae

COMMON NAMES Mint-leaved bergamot, Oregano de la sierra

EDIBLE PARTS AND USES

Edible parts: Leaves, Tea

The leaves are used as seasoning with meat. It is also used to flavour cheese. They are used in soups and stews.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

PRODUCTION

Cultivation

It can be grown from seed, cuttings of division.

NOTES

There are 15 Monarda species.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/cb80a21b-c992-46ae-8f7e-474c11c854a8