PLANT FACT SHEET

Monarda fistulosa L.

GENUS *Monarda* **FAMILY** Lamiaceae

COMMON NAMES Wild bergamot, Horsemint

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Tea

The plant is used as a potherb. The leaves can be eaten raw or cooked.
It can be cooked with other foods as a seasoning.
Fresh or dried leaves are used for tea.

DESCRIPTION

An annual plant. The stems are reddish or can have purple-red spots. It branches near the tip. It has white hairs. The leaf stalk is 2-15 mm long. The leaf blade is sword shaped or oval and about 8 cm long by 3 mm wide. The base is rounded. The edges of the leaf have unequal teeth. The flower heads are 5 cm across. The flowers are purple-red.

HABITAT

It is a temperate plant. It can tolerate drier conditions. It suits hardiness zones 4-9.

PRODUCTION

Cultivation

It can be grown from seed, cuttings of division.

NOTES

There are 15 Monarda species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Bremness, L., 1994, Herbs. Collins Eyewitness Handbooks. Harper Collins. p 192

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 902

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 130

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 198

http://www.botanic-gardens-ljubljana.com/en/plants

Jackes, D. A., Edible Forest Gardens

Joyce, D., 1998, The Garden Plant Selector. Ryland, Peters and Small. p 249

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 543

Lawton, B.P., 2002, Mints. A Family of Herbs and Ornamentals. Timber Press, Portland, Oregon. p 158 (Drawing)

Li Hai-wen, Hedge, I.C., Lamiaceae. Flora of China. p 294

Loughmiller, C & L., 1985, Texas Wildflowers. A Field Guide. University of Texas, Austin. p 112

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 282

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 346

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Porsild, A.E., 1974, Rocky Mountain Wild Flowers. Natural History Series No. 2 National Museums of Canada. p 342

Sp. pl. 1:22. 1753

Tozer, F., 2007, The Uses of Wild Plants. Green Man Publishing. p 125

Turner, N., 1997, Food Plants of Interior First Peoples. Royal BC Museum Handbook p 168

www.wildediblefood.com

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/cfbd64f0-87be-4e01-8cb9-0f5b419ded35