

ANOTHER HERB HERBERT FAVOURITE HERBS

FACT SHEET

Bergamot *Monarda didyma*

This North American genus contains 12 species of annuals, perennials, and shrubs. *Monarda didyma*, found in rich, moist woodland, and *M. fistulosa*, native to dry hillsides and rocky woods, make good border plants. The brightly coloured flowers attract butterflies and hummingbirds.

Monarda's are known as bergamots, because their aroma resembles that of the bergamot orange.

M. didyma is an aromatic perennial with erect, 4-angled stems and ovate, toothed leaves. Bright red flowers with red-green bracts are produced in a terminal whorl in summer and autumn.

Height 40cm-1.2m/16-48in Spread 30-60cm/12-24in



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PARTS USED

Whole plant, leaves, flowers

PROPERTIES

An aromatic herb with a strong citrus fragrance and flavour.

USES OF THE HERB

Culinary

Leaves are infused as tea, and give a distinct Earl Grey flavour. Flowers are added to salads for a brilliant splash of colour. The leaves are a wonderful compliment to fruit.

Aromatic

The citrus scent of the leaves and flowers add a refreshing lift to potpourris as well as adding colour.

CULTIVATION

Rich, moist soil in sun. Propagate by seed sown in spring, or by division in spring, or by softwood cuttings in spring. *M. didyma* is prone to mildew in dry conditions.

HARVEST

Whole plant is cut when flowering, and leaves picked before flowering, and used fresh or dried for infusions.



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