



Lemon Balm

Botanical Name: *Melissa officinalis*

Melissa is the Greek word for "bee" and one of lemon balm's characteristics is that bees love this lemon scented herb. It has been grown for over 2000 years and is native to the Mediterranean area. Lemon Balm has been used in times past to treat nervousness and to keep the "heart merry." Since its leaves are heart shaped, its uses often revolved around ailments of the heart and restoring happiness. It was valued as a strewing herb and scattered about the chambers.

Lemon Balm in the Garden:

Lemon balm is a dependable perennial in our North Coast gardens. It dies back completely when cold temperatures arrive and comes back as one of the earliest herbs to emerge in the early spring. Lemon balm grows in any soil and in shade or sun. It is a very tolerant plant, but prefers dry to wet soil. The wise gardener will cut down the lemon balm two to three times during the growing season so the flowers never bloom. The flowers will spread the seed of the lemon balm to every corner of your yard. So a word to the wise: cut and cut again. The leaves of lemon balm dry quickly and easily, but do not retain much of its essential oil content. Lemon balm may get powdery mildew in late August or September. The treatment is to cut foliage and discard. Fresh new growth will soon emerge. The Golden Lemon Balm variety does not flower and has an attractive chartreuse color in the garden. At the Village Herb Shop, we grow lemon balm in our tea garden. It makes a delightful lemon scented tea which promotes sleep and relaxation.

Meaning in the Language of Flowers:

Pleasant company of friends; memories

[More about the meaning of flowers](#)

Characteristics:

Lemon balm is a two foot tall bushy herb with oval heart shaped leaves. The leaves are strongly lemon scented when fresh, but fade to a weak memory of a scent when dry. Lemon Balm blooms with tiny white flowers June through September.

Recipes

Lemon Balm Dip Mix

4 tablespoons dried dill
4 tablespoons dried lemon balm
2 teaspoons granulated lemon peel
1 teaspoon ground lemon pepper
Directions: Mix all ingredients together to make lemon dill dip mix.

Lemon Dill Dip

1 cup sour cream

Lemon Balm in the kitchen:

Lemon Balm is best used fresh in the kitchen and is valued for its fresh lemon flavor. It can be used chopped in a fruit salad or as a sprig in a glass of iced tea or lemonade. Bowls of ice water and fresh lemon balm leaves will be a delightful touch at your next barbecue. Lemon Balm's fresh lemon fragrance is a delicious addition to a spring greens salad. Lemon balm can be used whenever a touch of lemon is desired in the kitchen: with fish, vegetables, chicken, and rice.

1 cup mayonnaise

1 Tablespoon Lemon Balm Dip Mix

Mix all ingredients together and chill overnight. Delicious with cucumber slices and carrots.



[MORE RECIPES ONLINE](#) 

Triple Lemon Herb Butter Recipe

Delicious on breads, vegetables, fish and poultry

1/2 cup or one stick of butter or margarine

1 tablespoon finely chopped lemon balm

1 tablespoon finely chopped lemon thyme

1 teaspoon chopped fresh lemon verbena (remove middle from leaf, very fibrous)

1 teaspoon fresh lemon juice

Combine all ingredients and refrigerate overnight

Aromatherapy Uses:

Lemon Balm or Melissa essential oil is not widely available and can be very expensive. This is due to the fact that the essential oil is not heavily concentrated in its leaves and it takes many pounds of fresh material to produce even one ounce of essential oil. For aromatherapy effects we can use fresh or dried leaves. Lemon balm leaves ease depression, calm anxiety, relieve insomnia and help alleviate nervous tension. Lemon balm can be calming in times of grief.

Medicinal Uses:

The essential oil components in lemon balm act to slow one's heart action, and lower the blood pressure. It is useful for skin care and can relieve inflammation due to allergies, insect bites and rashes with its antihistamine action. It also is a good insect repellent because of the citronella component of its essential oil. Lemon balm eases nausea. It is so gentle in its action that it is often recommended for children. New research is now being done on lemon balm's antiviral effects especially against the herpes simplex virus.

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Recipes for Your Senses

Relaxing Healing Herbal Bath Mix

...If worries you hath, lose them in the bath... Enjoy a relaxing bath this winter with this fragrant mixture of dried herbs especially formulated to relax tense muscles and soothe the soul. The warm water releases the healing properties of the herbs which are then absorbed by your skin. The therapeutic effect of a relaxing bath will result in 20 minutes. Light a candle, sip a cup of herb tea and relax in a warm bath—a spa treatment right at home! Follow your tub with an application of body oil or lotion on damp skin. Delightfully moisturizing and soothing to dry skin.

Ingredients: Yield: 3 cups

1/4 cup of the following ingredients:
sea salt, chamomile, roses, lemon
peel, calendula, lemon verbena

3/4 cup of the following herbs:
lavender, lemon balm

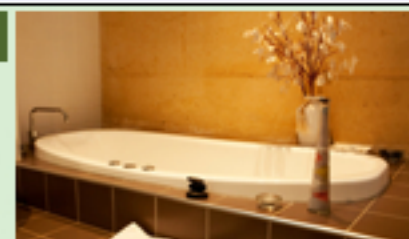
Directions:

Mix herbs in container and spoon into jar. Keep in jar. Place one tablespoon of relaxing bath mix into a muslin bag and tie securely.

NOTE: loose herbs in the tub will clog the pipes! Add one tablespoon to warm tub water and infuse while tub is filling. Remove bath sachet from tub and allow to drain. May reuse if kept refrigerated. The herbs will mold inside the bag if left to dry in the moist atmosphere of the bathroom.

Restful Sleep Pillow Herbal Mixture

2 Tablespoons of each of the following herbs: Lavender, Hops, Lemon Balm, Rosemary
Add a pinch of Calendula petals
This mix makes 1/2 cup which is enough for one sleep pillow.



- **NEW: Recession Busting Classes**

The Village Herb Shop is beginning a new series of monthly classes. These classes will teach you how to use the herbs in your garden and simple ingredients to make herbal products for health and beauty, flavor and fitness. We will be saving money, going greener and having fun inexpensively. Children and young adults are welcome to all classes. Can't join us on class day? Just give us a call, pay and register for the class. The Village Herb Shop staff will make the products for you. You can pick up the workshop projects already completed with recipes at your convenience.

- **Mar 21: [Greener Cleaners with Herbs Part II](#)** - Use these easy recipes to make your own safe and effective Housekeeping products. Learn how to save money, preserve the environment, and use herbs with Magic Window Wash, Toilet Bowl Tidy-Up, Gentle-But-Effective Scrub, Soap Scum-Fighting Spray, Baking Soda Oven Cleaner, Floor Shine and more. Yes, these less toxic products really do work. Class will make a Gentle Scrub, Magic Window Wash, Scum Spray to take home. 10:30 am to 12 noon. Class fee: Originally \$20. **Now a Recession Busting \$10!**

- **Mar 28: [Meet the Merchants Day](#)**

11 am Tasting: Storehouse Loose Teas, Lyons Jellies and Jam
2 pm Demonstrations: Fiber Art, Jewelry Making, Painting
Connie's Vintage Corner: all items 10% off for this special event.

- **[Village Herb Shop's Merchant Loft!](#)** - Visit our upstairs loft to find unique hand made items. Support local merchants and buy USA. Find quality loose leaf hand-blended teas, heirloom vintage collection, hand-made jewelry, custom hand-painted glassware, windows and tabletop items, jams and butters, hand knit apparel. Merchandise is always changing as new creations are added to their displays. Our new merchants will be offering special classes and events. Check the Merchant's Board in the upstairs loft for sign up sheets and join the new excitement at the Village Herb Shop's Merchant Loft.

Do you have a talent or craft that would fit in our Merchant's Loft? Please see Kathleen for details.

- **Apr 4, 10:30 am - 12:00 pm: [Adventures in Tea - A Loose Leaf Experience](#)**

Hosted by: Paula Hershman, Storehouse Tea Company
Yerba Mate, indigenous to the subtropical rain forests of South America where it is widely consumed. Mate is gaining popularity in the United States for its robust antioxidant content and for its natural ability to boost energy, improve mood and aid weight-loss. Cost \$5.00 Includes two teas and delicious scones. Space is limited so please RSVP
paula@storehouseteacompany.com Or call Paula Hershman 216-406-9139

- **Apr 11, Two Sitzings at 10:30 am & 2 pm: A Mother-Daughter ["Spring Jam, Cakes and Tea in Mr. McGregor's Garden"](#)**

Presented by...Lyons Market Gourmet Jams and Jellies --- Jams, Cakes and Tea with Tales of Peter Rabbit and His Friends as read by "Beatrix Potter."
Payment required at time of Registration - \$8 each made by phone (330-348-7622) with Visa/MC. Make your reservations early! Seating is limited. Refunds will be given if seats can be filled. You're never too old for Peter Rabbit! See you there! Call 330-348-7622 for reservations or questions.



Herb Craft of the Month

Learn a New Herb Craft Every Month!

Join us for March's Craft:

Bathroom Disinfectant Travel Spray

Join us for April's Craft:

Lavender Dryer Sachets

Join us for May's Craft:

Scented Reed Sticks Room Fragrance Kit

Join us for June's Craft:

Summertime Body Oil

Follow our simple step-by-step do-it-yourself directions to make your own craft any day of the week.

All supplies are included for this one low price. **Fee: \$5.00 each.**

[LEARN MORE](#) 

- **Apr 15: Herb Gardening Club**

New Join our Green Team of herb garden enthusiasts. Our club will meet the second Wednesday of every month. We will work two hours to maintain the herb garden in the front of our shop. Learn to manage your herb garden by working in ours. Learn how to plant and maintain an herb garden by practicing hands-on gardening techniques. Every month club members will learn the best techniques to plant, fertilize, cultivate, grow and harvest herbs with organic gardening practices. We will discuss uses of herbs and share the harvest. Come dressed for gardening and **prepared to work in the garden** from 10 am to 12 noon. Bring tools, scissors and gloves. After gardening, bring a sandwich and join Kathleen for lunch with edible flower salad and herbal bread. We will enjoy new friendships and have an informal question and answer session. Unable to work in the garden? Bring your own lawn chair and learn while you watch us work. Membership is FREE. Join anytime. **Reservations Please.**

Herb Gardening Club Benefits:Herb Garden Knowledge, Free fresh cut herbs from the garden, Plant exchange among members, Herb Gardening Calendar Herbal Tips and Recipes Every Month.

Work in Gardens: 10 - 12 pm

Mini Herb Class and Lunch: 12 - 1 pm

Herb Garden Focus:

Wednesday, April 15: Inaugural Meeting - Spring clean up, prune and feed roses, soil cultivation, plant hardy herbs, bone meal application.

Wednesday, May 13 - Plant edible flower seeds, organic soil toning, lime application, planting of annual herbs

- **Fresh Herb Plants Arriving!** - Call to request delivery of any herb plants you are looking for. Plants arrive every Thursday and Friday April 15 to June 15.

- **Apr 20: Susan Wittig Albert: An Evening with the Author of the China**

Bayles Mysteries - Mystery Author returns for a special herb program and book signing. She will be introducing her newest book: Wormwood. Ticket price will include Susan's Program, Book Signing and Sale, and a Rosemary Tea Party.

AT THE SHOP - Open 5:00 pm to 9:00 pm Special sales of Rosemary Plants, Susan's Books

AT THE SHOP - 5:30 pm to 7 pm Meet the Author; book signing; bring in books you have purchased that you would like autographed.

AT THE TOWN HALL - 7:00 pm Rosemary Dessert Tea; book sales and signing

AT THE TOWN HALL - 7:30 pm Program: "The Shakers and Their Herbs" by Ms. Albert.

Tickets are now available for purchase. Your ticket purchase is your reservation. Tickets must be purchased at time of reservation. Ticket for Rosemary Tea Party. Ticket Price: \$10 each. Pick up your tickets at the shop or purchase by mail or phone.

Please visit our website for [more details!](#)

- Apr 25: [Village Herb Shop Tea Tasting Club, Featuring The Teas of China](#)**
[with guest speaker, Judy Peacock](#) - Learn about tea. Demonstrations of proper brewing techniques and tips on serving tea. Taste a variety of teas: red, green, black, herbal. Enjoy tea time desserts with friends. Two tea tasting seatings: AM: 10:30 am to 12 noon & PM: 2:00 pm to 3:30 pm. Reservations Required. Seating is limited. Fee: \$5 at the door for each seat. **Free admission if you bring tea time sandwiches, bread or dessert to share!** Join us to sip and savor! Next Quarterly tea tasting will be held on July 25, 2009. **Would you like to have a Tea Tasting Party for your group? Ask us!**
- Apr 29, 10:30 am - 3:30 pm: [ESCAPE to INSPIRING Painting workshop](#)**
[with Lisa Hannaford \(lisahannaford.com\) at the Village Herb shop!](#) -Acrylic or Watercolor, Beginner or experienced welcome. Come for a day of demonstrations, tips, fundamentals and leave with a small painting. \$50 – (\$45.00 if paid by March 30). Contact Lisa to reserve your place & receive a list of supplies you will need to bring. 440 247-3536 or lisahannaford@ymail.com



Chagrin Falls Shop Hours

Monday through Saturday: 10 am - 5 pm

Sundays:

Easter Sunday: CLOSED

Memorial Day

Sunday & Monday: CLOSED

January through March: Closed on Sundays

April through August: 12 noon - 4 pm

September: Closed on Sundays

October through December: 12 noon - 4 pm

Contact Village Herb Shop

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