

Bee Balm



Also known as Oswego Tea, this Native plant has many great qualities. It is an important nectar source for butterflies, bees and hummingbirds. The leaves and flower heads can be made into a tea. Beebalm is a natural antiseptic and can be used for minor wounds and skin infections. The tea is useful for mouth and throat infections as well as a being a mild stimulant.

Monarda didyma

- Hardiness: Zone 4-9
- Size: 2-4'
- Flower: Scarlet-red in Summer
- Culture: Full sun and adequate moisture. Spreads faster in the shade. Not drought tolerant
- Uses: Naturalizing, perennial border, wildlife, tea, medicinal, fragrance

**NATIVE TO EASTERN
NORTH AMERICA**