

Wild Bergamot - because you're worth a mint to us.

Monarda fistulosa

Commonly known as Bee Balm. Curious flowers that vary in shades from pink to lavender and appear in July and August above stout, strong stems bearing aromatic leaves. The leaves are excellent in tea, adding the distinct flavour to Earl Grey blends. Plants grow to a height of 60-90cm (24-36"), and those that don't survive as perennials in Coastal gardens will likely self-sow. All bergamots are highly attractive to beneficial like butterflies and wild bees.

Growing Tips

Sow the small seeds indoors in the Spring on the surface of the soil. Cover lightly and sprout with [bottom heat](#). Transplant the seedlings when they're large enough to handle, harden off, then plant in the garden after frost.



Plant in the garden 45cm (18") apart. Plants grow 60cm (24") tall and spread 45cm (18") wide.

Pick the leaves as desired for fresh use in the kitchen. For drying, harvest leaves before the flowers open. Cut flowers for drying as soon as they're fully open. Masses of tiered pink-purple blossoms grow from August until frost.

Source: West Coast Seeds 2011, www.westcoastseeds.com