

# AgBud



A series of horticulture insights

*Did you know?*  
Bee balm is in the mint family.

## Overview

- Bee balm flowers are borne on the end of square-stemmed stalks that can rise up to 4 ft above the main foliage.
- Blooms come in an array of colors, from pinks to reds to purples to white.
- If deadheaded, bee balm will continue to re-bloom until late summer.
- Hungry birds eat the seed heads during the winter months.
- A finely scented tea can also be made from the foliage.

## Production

Bee balm is a fantastic pollinator plant.

Bee balm will spread via underground stolons.

The minty, citrusy leaves make the plant deer and rabbit resistant.

# Bee Balm

**Kingdom:** *Plantae*

**Order:** *Lamiales*

**Family:** *Lamiaceae*

**Genus:** *Monarda L.*

## History

- Native to the eastern United States and southeastern Canada, bee balm (*Monarda* spp.) was used by Native Americans for medicinal purposes and is still prized in alternative medicine today.
- The Oswego people would brew a tea out of the leaves of the bee balm plant, a process they taught to the European settlers.

Sources:

<https://www.americanmeadows.com/blogs/perennials/all-about-bee-balm>

<https://hgic.clemson.edu/native-plant-spotlight-bee-balm/>

<https://www.gardeningknowhow.com/tbt/history-bee-balm>



## Anatomy

Flower

Bracts

Calyx

Square Stem

