

MELISSA OFFICINALIS (LEMON BALM)

RECIPES

ACE OF CUPS APOTHECARY



LEMON BALM

HOT/COLD INFUSION

Hot Infusion

Ingredients

- 1 tsp of dried lemon balm or 1 tbsp of fresh
- 8 oz of water

Method

- Bring water to a boil
- Let sit for 30 seconds
- Pour over herb and let sit for 5-7 minutes
- Strain and enjoy

Cold Infusion

Ingredients

- 1 tbsp of dried lemon balm or 3 tbsp of fresh
- 12 -16 oz of water

Method

- Place herbs in a jar
- Pour room temperature filtered, spring or distilled water over herbs
- Let steep for 4-8 hours
- Strain and store in fridge (72 hours)



LEMON BALM

OXYMEL

Oxymel

Ingredients

- Lemon balm dried or fresh
- Apple cider vinegar
- Local honey

Method

- Place herbs in a jar and fill $\frac{2}{3}$ full of fresh herbs or $\frac{1}{3}$ of dried herbs
- Mix equal parts vinegar and honey
- Pour over herb and let sit 2-4 weeks
- This is delicious as a sauce, dressing or just by spoonful

Honey

Ingredients

- Lemon Balm
- Honey

Method

- Place herbs in a jar (put in cheesecloth for easier straining)
- Fill with honey
- Let sit 2-4 weeks Strain or leave herbs in!
- Can be used in tea, sweets etc.



LEMON BALM

VINEGAR

Vinegar

Ingredients

- Lemon balm herb
- Vinegar of your choice

Method

- Sterilize jars before use. You can boil them for 10 minutes in a deep pan and then use canning tongs to remove them.
- Gently heat wine and rice vinegars (do not boil) before pouring over herbs/fruits to diminish the risk of bacterial or moldy growth. These types of vinegars contain a bit of protein and are prone to mold/bacteria, etc.
- If mold is present, throw them out. For apple cider vinegar you can use without heating.
- Place herbs in a jar fill about $\frac{2}{3}$ full fresh herbs or $\frac{1}{3}$ dried herbs Pour vinegar over herbs to fill jar
- Let sit 1 day - 4 weeks
- Strain or leave herb in and enjoy by the spoonful, on salads, or in your water



LEMON BALM MASSAGE OIL

Massage Oil

Ingredients

- Lemon balm dried
- A sterilized jar
- Oil of your choice

Method (quick)

- Place herbs in a crockpot
- Pour oil to cover herbs Heat on low for 1-4 hours
- Strain and enjoy

Method (slow)

- Place herbs in a jar
- Cover with oil
- Leave in a dark place (some people bury it, some place in a brown bag)
- Let sit 4 weeks
- Strain and enjoy

