

Wild Bergamot

Wild Bergamot seeds, commonly known as Bee Balm, produce curious flowers that vary in shades from pink to lavender. These flowers appear in July and August above stout, strong stems bearing aromatic leaves. The leaves are excellent in tea, reminiscent of the distinct flavour to Earl Grey blends. All bergamots are highly attractive to beneficial pollinators like butterflies and wild bees.

Type: Perennial

Height: 60-90cm (24-36")

Exposure: Full sun

Difficulty: Easy



Growing

Sow indoors 6-8 weeks before the last frost, or direct sow in early spring when a light frost is still possible. Seeds can also be direct sown in the fall, as the first frost approaches.

Barely cover the tiny seeds with soil. Thin or space transplants 45-60cm (18-24") apart. These vigorous perennials will grow closer together over time.

These perennial plants spread by rhizome growth and should be dug and divided every three years.

Saving

Remove seed heads after all petals have fallen off and the seed heads look dry and brown. Dry the seed heads in a paper bag or container for about a week. Shake the seed heads around in the sealed container or paper bag. Sift the seed/chaff mixture using a fine mesh kitchen strainer. Repeat this step to remove most of the chaff. Put the seeds into a dated and labeled envelope and return to Brock!