

# BEE BALM

*Monarda fistulosa*



# BEE BALM

*Dakota: Wahpe wastemna*

*Anishinaabe: Zaasabikwaniins*

## ABOUT

Bee Balm, also known as Wild Bergamot, is a native plant in the mint family. This plant, with showy summer-blooming pink to lavender flowers, is often used as a honey plant, medicinal plant, and garden ornamental.

## HARVEST / PREP

- The leaves have an oregano like flavor and are delicious in all kinds of soups, stews, and tomato sauces

## BENEFITS

- Great for treating viral and bacterial mouth and throat infections
- crushed leaves applied to burns is both cooling and healing