

Lemon Verbena

Aloysia citrodora



When to plant: Anytime in South Florida, in other areas, whenever frost is gone, and it is warm.

When to Harvest: Can be harvested at anytime!

Uses in medicine: Lemon verbena is used for digestive disorders including indigestion, gas, colic, diarrhea, and constipation. Some studies shows it helps reduces stress.

Uses in cooking: Can be made into tea!