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 show it helps reduce stress.

**Uses in cooking:** Can be made into tea!