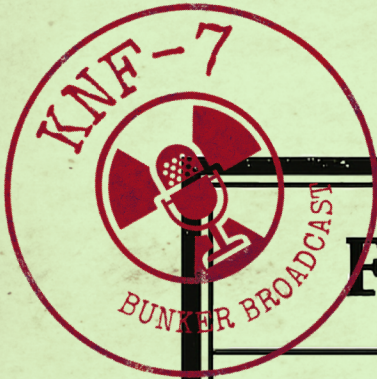


KNF-7



FIELD MANUAL

Botany Bunker Report

BBR 001 - Lemon Balm



KNF7Botany001

Lemon Balm

Melissa officinalis

Aromatic and cooling member of the Lamiaceae (mint) family, used for food, medicine, and magic.

Top Uses:

- Aids sleep and lessens stress (gentle nervine)
- Helps with indigestion, gas, and bloating
- Tonic for overworked heart or high blood pressure
- Expectorant for colds, flu, and coughs
- High in antioxidants and supports immune health
- Traditionally used for depression and melancholy

Parts Used: Leaves - best when fresh!

Contraindications: Avoid if taking thyroid medication

Prep Options:

- Infuse in teas or spirits
- Cold sore or lotion balm
- Herbal honey or vinegar
- Herbal smoke blend

LEMON BALM

RECIPES

Lemon Balm Tea

Steep 1-2 tablespoons dried leaves in 1 cup of boiling water for 10-15 minutes.

Usage: Enjoy hot or cold, optionally with honey. Used for stress, sleep, digestion, headaches, and colds.

Lemon Balm Tincture

Fill a jar halfway with dried leaves and cover with 80 to 100 proof alcohol. In a cool dark place, and shake few times a week, for 4-6 weeks, strain.

Usage: Take $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon diluted in water up to 4 times daily. As a potent remedy for nervousness and anxiety

Tranquil Syrup

Place a cup of lemon balm leaves in jar, with equal parts lemon, juice and honey. Let it sit overnight, strain, then refrigerate.

Field Log

Date Mixed	Ingredients Used	Effectiveness Notes	Next Batch Changes

Botany Bunker Report

Herbal Reference Vault



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