
Bee Balm

(*Monarda didyma*)



- Bee balm is native to the eastern US, but has escaped cultivation in the northeast US and eastern parts of Canada and is found in New Brunswick.
- The dense, rounded, head-like cluster of bright red, tubular flowers attract bees, butterflies and hummingbirds.
- Cultivars are available with flowers in shades of pink, purple and white .
- It grows in moist soils, thickets and along streambanks.
- It has become a very popular garden plant.

Interesting Facts

- Bee balm is also called Oswego Tea, after the Oswego people of New York, who used the leaves to brew a refreshing medicinal tea (used to treat a variety of ailments). Early settlers used it as substitute for regular tea.