Moldavian Balm Seed (Moldavian dragonhead)

Dracocephalum moldiva



Height:	Up to 30cm
Suitable for:	Moist soil with part shade or full sun.
Summary:	It is closely related to mint plants, and is easy to grow, with flowers all summer and will self seed if required to ensure continuity of supply.

More information:

This rather unusually named annual herb has been grown for many centuries. It originates from Asia in the region stretching from Iran right across to the far east of Russia.

The foliage is aromatic and lemon scented with sage like tubular flowers in varying shades of purple/blue. The flowers are particularly nectar rich making it a great choice for pollinators.

The aromatic foliage is similar to that of lemon balm in scent and flavour, and it retains this even when dried (which lemon balm doesn't do) making it ideal to harvest and preserve for the winter months.

The bright lemony flavour is ideal added to herbal teas, lemonade and, indeed, all cold refreshing drinks.

The finely chopped foliage can also be used in desserts, herbal liqueurs, with fish and to brighten up salad leaves.

Its medicinal properties are digestive