

# Growing Lemon Balm Outdoors

*Melissa officinalis*

## QUICK FACTS

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USDA ZONES

**3–9**

SUNLIGHT

**Full Sun**

## AT A GLANCE

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Lemon balm is perennial in zones 3–7 and grows vigorously in most soil types. The management priority is preventing self-sowing: deadhead consistently or it will seed throughout the garden within two seasons. Once established it is drought-tolerant, low-maintenance, and productive for years without replanting. In zones 8 and warmer it may perform as an annual.

## PLANTING CHECKLIST

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- Match site to sun requirements above before buying
- Test soil drainage — dig a 12" hole, fill with water, time it (should drain in 1–2 hrs)
- Dig hole 2x wider than rootball, same depth
- Backfill with native soil — do NOT amend the planting hole
- Water deeply at planting and weekly for first 3 weeks
- Mulch 2" deep, keep mulch 2" away from trunk/stems

## FULL GUIDE WITH SOURCES

<https://outdoorplantcare.com/vegetables/growing-lemon-balm/>

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