



Knowing Herbs One Day at a Time

Bee Balm

Mondarda didyma

M. fistulosa



The DIY Herb of the Month Club:

Bee Balm

Chris J. Dalziel

JOYBILEE FARM MEDIA
Greenwood, British Columbia

Copyright © 2020 by Christine J. Dalziel.

All rights reserved. Permission is granted to make a single personal use copy of this work. Other than that, no part of this publication may be reproduced, distributed or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, write to the publisher, addressed "Attention: Permissions Coordinator," at the address below.

Christine J. Dalziel / Joybilee Farm Media
Box 667
Greenwood, BC, V0H 1J0
JoybileeFarm.com

Note to Reader: This book is offered for informational purposes only and should not be construed as medical advice. The recipes and techniques offered here are meant to supplement and not take the place of professional advice. For medical problems always seek the help of a qualified health professional.

Ordering Information:

Quantity sales. Special discounts are available on quantity purchases by corporations, associations, and others. For details, contact the "Special Sales Department" at the address above.

Bee Balm

Christine J. Dalziel. —1st ed.

Contents

Introduction:	7
Introduction to Bee Balm/Monarda	9
Supply List:	12
Day One:	13
Botanical Illustration:	15
Draw the Plant:	16
Day Two:	17
Day Three:	18
Day Four:	19
Day Five:	19
Day Six: Implementation Day	20
Day Seven: Historical Uses	21
Day Eight:	23
Day Nine:	24
Materia Medica	25
Day Ten:	26
Herbs in the Kitchen	27
Watermelon Bee Balm Salad with Feta	28

Day Twelve: Implementation	30
Bee Balm Herb Cheese Log.....	31
Bee Balm – Lemon Balm – Elderflower Mead.....	33
Edible Flower Cookies.....	35
Herbs in the Apothecary	38
Day Sixteen:.....	39
Day Seventeen: Implementation	40
Therapy Bag.....	41
Chest rub.....	44
Decongestant Steam Tea.....	46
Sunburn salve	47
Day Twenty Two:.....	49
Day Twenty Three: Implementation.....	51
Digging Deeper:	52
Day Twenty Four:	53
Day Twenty Five:.....	54
Day Twenty Six:	56
Day Twenty Seven:	58
Day Twenty Eight:	59
Day Twenty Nine: Implementation.....	61

Day 30:	62
Ending Thoughts:.....	64
About the DIY Herb of the Month Club	65
About the DIY Herbal Fellowship	66

Introduction:

Welcome to the DIY Herb of the Month Club. Our goal is to give you hands' on experience working with, identifying, and enjoying one herbal ally each month. At the end of the month, you should feel confident in using the herb of the month in both culinary and apothecary situations.

The month is split into thirty days, with an approximately 15 minute assignment each day to help you become familiar with the special focus herb. Some unassigned days are given so you have time to catch up, or revisit earlier information. Each day build on previous days to help you build confidence in your new herbal ally.

We will be focusing mostly on herbs that can be grown, or are wild, in the Northern hemisphere. The herbs that are local to you will have the most benefit for your health, as they have the same environment and stresses that you are subject to. Focusing on local herbs helps you be able to use herbs at their peak of freshness, or grab the herb you need when an unexpected situation arises. The skills you will learn each month will support your goal to be self reliant and prepared in your herbal journey.

We hope you enjoy the DIY Herb of the Month Club.



Introduction to Bee Balm/Monarda

This month's herb of the month is Bee Balm. A North American plant that is highly attractive to native bee, butterfly, and hummingbird species.

Herb Name – Bee Balm – *Monarda didyma*, *Monarda fistulosa*
Family – Lamiaceae

Characteristics: Long blooming perennials with showy tubular-flowers in red, lavender, fuchsia, and pink. The showy tubular flowers open in a cluster around a center disk. The plant has square stems, opposite, narrow and toothed leaves, characteristic of mint family plants.

Growing Conditions:

Monarda didyma and its sisters thrive in full sun with airflow. They can tolerate partial shade but will be later to bloom. Once blooming starts the flowers continue to expand upward producing fresh blooms till a hard frost.

Bee balm likes moist soil that is kept evenly damp. The plants form clumps and also spread by root runners. Although not as aggressive as other mints, monarda/bee balm will fill an area in a season.

Propagation:

Divide the plants annually, in spring or fall by using the blade of a shovel to slice off part of the roots to start a new plant. Each new plant will be a clone of the mother plant and produce the same colored flowers.

Monarda also propagates through seed. Different varieties of monarda will cross pollinate producing a strong variety of colors

in the pink to purple range. However, overtime the plants may revert to the wild form with red or lavender colored flowers.

Bee balm can also be grown from seed. It should be sown on the soil surface, as germination is light dependent. Seed requires stratification so plant it in early spring before your last frost date or in the fall, before the winter sets in. Plants will emerge after frost. This perennial will flower in the second year. Varieties such as “Panorama Mix” have bold colors in red to lavender. If there is a color that you particularly want to propagate the best way is to use a root division of the mother plant.

Monarda plants thrive with just a light top dressing of well composted manure and a mulch to keep the soil evenly moist.

Harvesting:

Harvest the flowering tops as the flowers fully open. Cut off the 4 foot stalks just above a leaf junction. The plants will produce two stalks in each place where there was only one stalk. The plants will continue to flower.

Like other mint plants, harvesting the flowering tops before they set seed allows flowering to continue, increasing the number of harvests over the season.

Save seed by harvesting the dried, brown flower heads. Rub the vegetable matter across a fine screen to sift the tiny seeds from the plant matter.

How to Use:

Bee balm was called Oswego tea and used by the colonists as a substitute for British tea during the American revolution. To use

for tea harvest the flowering tops before the seeds form and the flowers turn brown. The medicinal constituents are strongest as the flowers begin to open. Bundle and dry for later use.

Bee balm has some of the same constituents as oregano and thyme including thymol, and is useful for immune support during cold and flu season. The bee balm essential oil is 30 to 50% thymol.



A detailed botanical illustration background featuring various herbs and flowers. At the top, there are clusters of small flowers and leaves. On the left side, there are tall, thin stems with small flowers. On the right side, there are larger, more complex floral structures. At the bottom, there are large, flat-topped flowers and various leafy branches. The entire background is rendered in a light, monochromatic green and brown color palette.

Supply List:

- Bee Balm, fresh and dried
- Peppermint leaves, dried
- Lemon balm leaves, dried
- Elderflower, fresh or dried
- Lavender flowers, dried
- Rosemary, fresh or dried
- 40% (80 proof) alcohol like vodka or brandy
- Granulated Sugar
- Eggs
- Olive oil
- Butter
- Honey
- Grape Juice concentrate
- Other food ingredients you may have in your kitchen
- Flax seed
- Lavender essential oil
- Peppermint essential oil
- Rosemary essential oil
- Pine essential oil
- Bees wax
- Heat-proof bowl
- Glass measuring cup
- Saucepan
- Spatula
- Glass jars with lids
- Salve containers
- Colored glass bottles for tinctures
- Labels

How to Use the Game Board

This game board is to help you mark your progress as you complete each day's assignment and level up in your knowledge and understanding about Bee Balm / Monarda.

To play, print out a copy of the game board.

Use stickers, a stamp, or a marker to tick off each day as you completed.

At each level you complete you'll earn a new badge. Take a photo of your completed game board as you earn each badge and send it to me at **chris@thedyherbal.com** so that we can celebrate your achievement in the community.

I'll include your achievement in our weekly celebration email and we'll all celebrate your success!



Here's what the badges look like this month!



Day One:

Botanical Illustration:

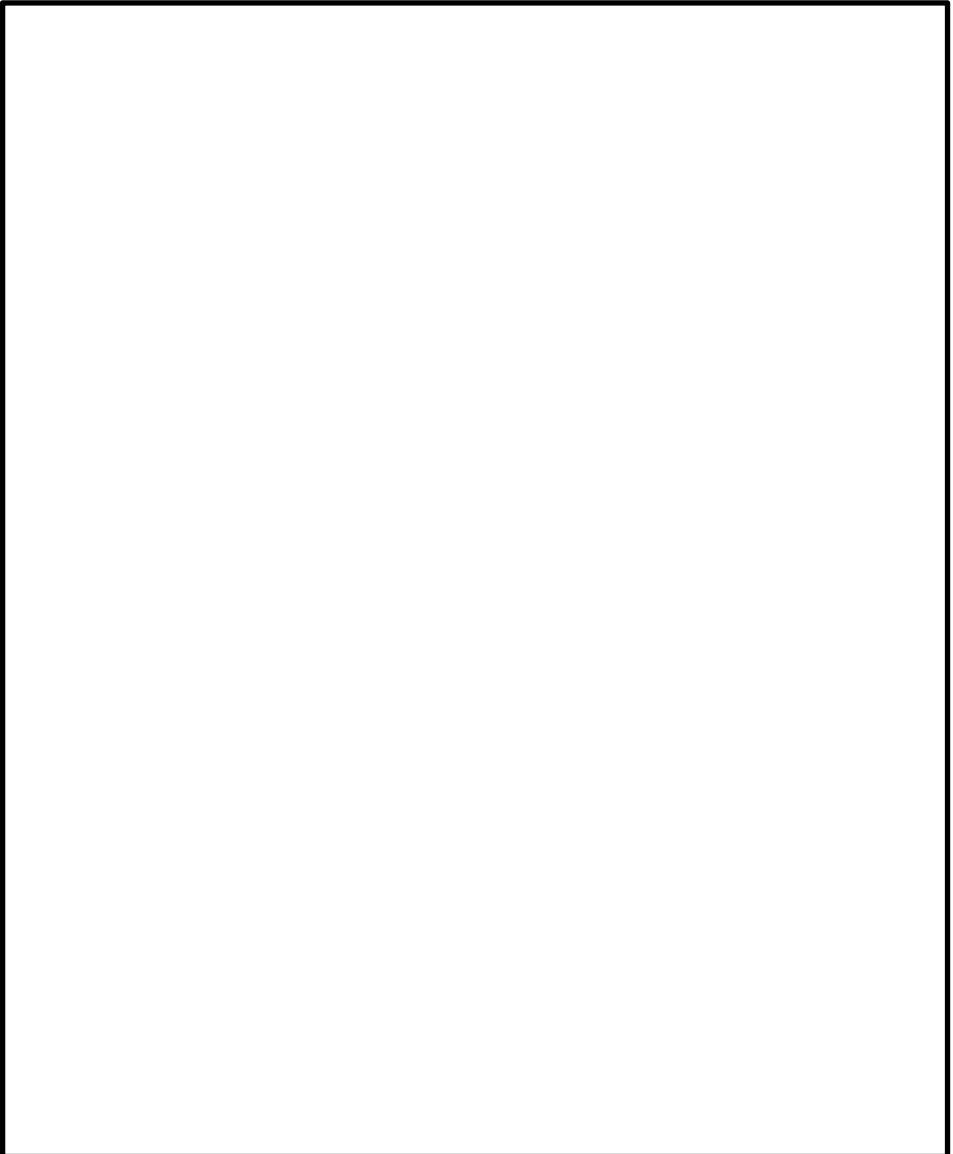


Monarda didyma Image by Abraham Jacobus Wendel, [1868]

Study the illustration and sketch or draw the plant on this next page. If you have the plant in your garden, please draw directly from the plant. By drawing your herbal ally you train your powers of observation and become better at identifying plants in the wild.

Time: 15 minutes

Draw the Plant:



Day Two:

Observe the herb in the garden/ground, if you have it local. What insects are around it? What soil and environment is it in?

Time: 5-10 minutes

Note: If you do not have this month's herb in your garden, you may be able to find it at a grocery store, or farmer's market in a pot. If you cannot find fresh, you may want to order dried for later this month.

Since bee balm is not listed in the European pharmacopeia, it can be difficult to source it from the usual herb suppliers. It grows wild in Eastern and central North America.

Day Three:

If you rub the leaf, what does it smell like? How does it feel between your fingers? How does the stalk feel? Is the stalk hairy or smooth? Is the stalk distinctive? Does your plant have any flowers? If so what do they look like? (You may need a magnifying glass or loupe to see clearly)

Time: 5-10 minutes

Day Four:

Does the smell of the herb bring up any emotions, memories?
What does the smell remind you of?

Time: 5-10 minutes.

Day Five:

If you have fresh Bee Balm, what does it taste like? How does it feel in your mouth and on your tongue? Is it astringent? Cool or warming? Moist or drying?

Time: 5-10 minutes

Day Six: Implementation Day

Take today's 15 minutes and review the "Introduction to this month's herb," and then work on any previous days that have not yet been completed.

If you are not currently growing Bee Balm, would you consider growing it based on what you have learned so far?

Review the supplies list and make sure you have everything needed. If you need to order anything for this month's kitchen and apothecary recipes, now is the best time to do it.

Time: 15 minutes

Day Seven: Historical Uses


Take a brief look at the historical uses of Monarda didyma and Monarda fistulosa.

Bee Balm is native to North America so you won't find a long history of use in ancient herbal medicine from Europe or Asia. However, bee balm has a long history of traditional use in the Americas. It has been used as medicine extensively by many different Native American tribes, including the Cheyenne, Cherokee, Choctaw, Navajo, Lakota, Ojibwa, and Winnebago. The tribes used the dried leaves as an insect repellent in food stores. It was also used to treat stomach issues, diarrhea, colds, and fever. It was used as a poultice and in a salve to treat skin conditions, insect bites, cradle cap, and rashes.

Bee balm has been used as part of a healing salve for sunburn.

It is also used topically for rashes, nettle stings, bee and wasp stings, and insect bites.

Bee balm has a similar beneficial effect on the respiratory system to oregano, due to the thymol content.




"[Bee balm] soothes gastric and intestinal pain in the absence of inflammation, especially in Cholera Morbus and overcomes nausea and vomiting. It controls diarrhea from debility with relaxation of the mucous structures of the intestinal canal."

Finley Ellingwood, 1919

It was used by families in the 1800s as a carminative digestive. It was considered an active diuretic.

Felter, 1922: the Eclectic Materia Medica states that monarda “was used for retarded menstruation from cold. Both the plant and its oil, which is sharply pungent and diffusive, are stimulating, carminative, antiemetic, and diuretic; in hot infusion diaphoretic. The infusion may be used to relieve nausea and vomiting even when there is diarrhea, in flatulent distention of the bowels, in the tympanites of typhoid fever, and the catarrhal vomiting of the drunkard. It checks the serous diarrhea of debility, and tends to promote rest and sleep from exhaustion when associated with nervous excitation.

Monarda has recently come into renewed prominence as an available source of thymol, now largely used as the most generally effective agent against hookworm. Oil of Monarda is an ingredient of domestic preparations lauded for their asserted effectiveness in pertussis.”



“In its general influence Monarda punctata is a pure active stimulant of a diffusible character; a few drops of the oil on the tongue will produce a stimulation which will be felt at the tips of the fingers in a few minutes. It stimulates the nervous system and increases the heart's action, taking the place of alcoholic stimulants to a great extent. The essence, tincture or infusion are all prompt in their action. It soothes nervous excitement when due to exhaustion, promoting sleep and rest.”

Finley Ellingwood, 1919

Day Eight:

Based on the taste and mouth effect, how can you use this herb? For example, does it seem like a cooling or a warming herb?

Time: 5-10 minutes

Materia Medica

Bee Balm: *Monarda didyma*, *Monarda fistulosa*

Herbal Actions: Carminative, expectorant, digestive, antibacterial, anti-inflammatory, antiseptic, styptic, anti-fungal reproductive tonic, nervine, anti-depressant, diaphoretic, antispasmodic, antiviral, emmenagogue,

Energetics: spicy, warming, stimulating, drying

Body Systems: Glandular, digestive, respiratory, immune, nervous, urinary, reproductive.

Useful as a mouthwash to prevent cavities and freshen breathe. Helps move stagnant conditions. Used to treat malaria, whooping cough, and flu.

Used as a hot infusion to dispel fever and support the respiratory system

Used in cooking in the place of basil, oregano, and thyme

Constituents: Essential oils: Thymol, linalool, geraniol, carvacrol. Linolenic acid, oleonic acid, thymolquinone, rosmarinic acid, (It has not been fully analyzed)

Contraindications: Not recommended for pregnancy or early pregnancy, can induce period if used for cramp relief.

Dosage:

Tea: 1 teaspoon dried herb per cup, infuse ten minutes.

Tincture (1:5 40% alcohol dried herb; 1:2 40% alcohol fresh herb) 1-2 ml three times daily.



Herbs in the Kitchen

In this section we are going to focus on using herbs for both flavor and medicine. Herbs are more than just an apothecary item, to take when there is a problem. They are a valuable source of nutrients, flavor, color, antioxidants, and more when used in food.

In Herbs in the Kitchen, we invite you to explore the ways this month's herb can be included in your food, drinks, and desserts. Many herbs grow prolifically, and enjoying them in your daily meals is a great way to stay on top of over-productive plants.

Herbs also add interest and flavor to meals, helping with digestion, relaxation, and general enjoyment as well.

Day Eleven:

Watermelon Bee Balm Salad with Feta

A favorite summertime salad that simple and refreshing.

Serves 6

- 1 small watermelon, or ½ to ¼ large watermelon
- 250 grams feta cheese
- Red onions, thinly sliced
- Large handful of bee balm leaves and flowers.

Peel and deseed watermelon. Cut up watermelon into cubes, and place in a serving bowl.

Cut up feta into cubes and place on top of watermelon. Add red onions and toss together with watermelon and feta.

Wash and thinly slice the beebalm leaves. Sprinkle on top of the feta and watermelon.

Stir the salad together until fully combined, let stand 10 minutes to let flavors meld. Pour over salad dressing. (recipe below) Serve immediately.

Left overs can be refrigerated till the next day. Best flavor is immediately after preparation.

Salad Dressing

2 tablespoons White balsamic vinegar

2 tablespoons extra virgin olive oil

1 tablespoon Bee Balm leaves

1 tablespoon chives, chopped

Combine all ingredients in a blender jar. Blend until smooth.

Pour over salad just before serving. Toss to combine.



Day Thirteen:

Bee Balm Herb Cheese Log

Serve this at a potluck, a games night, or a family gathering. Make it when beebalm is fresh in the garden.

Yield: 2 cups

- 8 oz cream cheese softened
- ½ cup crumbled feta cheese OR soft goat cheese
- ½ cup sharp aged cheddar, finely grated.
- ¼ cup finely chopped fresh parsley
- 4 tablespoons finely chopped fresh beebalm leaves
- Petals from 10 beebalm flowers
- 1 tablespoon finely chopped fresh rosemary leaves
- 1 teaspoon grated lemon zest
- Pepper to taste

In a medium bowl, lightly soften cream cheese and soft goat cheese (if using). When the cream cheese is soft enough to work, add the sharp cheddar (and feta if using), some ground black pepper, 1 tablespoon of the parsley, 1 tablespoon of the beebalm leaves, and 1 teaspoon of the rosemary.

Blend cheese and herbs together until fluffy. Chill for 30 minutes, or until cheese can be handled.

Form cheese into a ball with wet hands.

Mix remaining parsley, lemon zest, beebalm leaves, and rosemary together. Roll the cheese ball in the herbs, and pack the herbs around the outside of the ball until it is encrusted with herbs.

Wrap cheese ball in cling wrap and refrigerate until needed. Just before serving top with beebalm flower petals.

Serve with pita, bagel chips, pretzels, GF crackers, or your personal favorite cracker.



Day Fourteen:

Bee Balm – Lemon Balm – Elderflower Mead

Mead is a beautiful way to preserve the goodness of garden herbs. It is a therapeutic beverage that is very welcome during winter colds and flu season.

Yield: 4 to 5 bottles

Ingredients:

- 1 cup of elderflowers, de-stemmed
- 1 cup of lemon balm leaves
- 1 cup of bee balm (flowers and leaves)
- 8 – 10 cups of water, filtered, divided
- 4 cups honey
- 1/2 cup of white grape juice concentrate
- 1 packet champagne wine yeast

Directions:

- Place elderflowers, lemon balm, and bee balm in a 2 quart, heat proof bowl. Pour 4 cups of boiling water over them and cover. Let steep for 1 hour, covered. Strain the tea. Stir the honey into the warm tea. Set aside.
- Sanitize a 1 gallon glass fermenting jug, along with its tin cap. Pour the herb and honey mixture into the fermenting jug.
- Pour the grape juice concentrate into a glass. Stir in 1 cup of water. Allow it to come to room temperature. Sprinkle the yeast over top of the grape juice. Wait 30 minutes. Stir the yeast into the grape juice and wait till it becomes frothy or bubbly.
- Pour the grape juice – yeast mixture into the fermentation jug. Cap the jug and shake it for a few minutes to

finish dissolving both the yeast and the honey. Top up the jug to the shoulders with boiled and cooled filtered water.

- Sanitize a wine fermentation lock. Fill the fermentation lock with boiled and cooled water. Replace the cap on the fermentation jug with the fermentation lock.
- Place the jug on a plate to catch any overflow. Place the jug in a spot out direct sunlight and away from source of heat, for several weeks. The fermentation will become active with bubbling and frothing evident.

Racking off

- After 4 to 6 weeks you'll notice that the fermentation has slowed down and sediment is forming in the bottom of the jug. The mead is still not clear though. When the bubbling and frothing stop, transfer the liquid to a fresh, sanitized fermentation jug. Sanitize the fermentation lock again and place it on the new fermentation jug. The fermentation process will resume.

Clear the mead

- This last fermentation can take anywhere from 2 to 6 weeks. When the fermentation stops, the wine will clear. If it doesn't clear naturally add $\frac{1}{4}$ teaspoon of pectinase to the jug. Replace the fermentation lock and wait.

Bottle the mead

- When the wine clears and fermentation stops, siphon the mead into sanitized wine bottles. Cap with a wine corker or a twist cap according to your bottles. Label the bottles.
- Place the wine bottles in a cool, dark spot. Age at least 3 months before sampling. Mead gets better the longer it sits.

Day Fifteen:

Edible Flower Cookies

Bee balm is a flavorful and beautiful edible flower that can be added to salads, infused in butter, or added to dessert recipes for pizzazz. This shortbread cookie really shines when topped with edible flowers like bee balm, dandelion and pansy.

Yield: 4 dozen

Ingredients:

- 3 egg yolks
- 1 ½ cups sugar, divided
- 2 tablespoons of vanilla
- 1 cup butter
- 4 cups of flour or gluten free flour blend
- Bee balm and monarda flowers,

Directions:

1. Beat butter and 1 1/3 cups sugar until light and fluffy. Add vanilla and mix well. Add egg yolks one at a time, beating after each addition. Add flour and mix to make dough.
2. Roll out dough between two layers of parchment paper, until ¼ inch thick. Cut out round cookies. Remove excess dough around edges. Place fresh monarda flowers in the center of each cookie.
3. Cover with parchment paper and roll lightly to press in flowers into the dough.
4. Chill dough for 20 minutes. Recut the cookies with a cookie cutter, to smooth the edges. Place on baking sheet.
5. Bake at 375°F for 10 minutes or until lightly brown and done. Sprinkle with organic sugar, while still hot.

6. Transfer cookies to cooling rack. Cool completely before serving.





Herbs in the Apothecary

Herbs are the backbone of our home apothecary and our ability to keep ourselves healthy. The following days highlight some of the ways you can use this month's Herb of the Month as one of your herbal allies, to support your family's health and wellness.

We provide a few herbal recipes to get you started, and you have the space and opportunity to brainstorm additional ways you can use this herb. Traditional ways include using herbs in tea, and preserving the herbs in tincture or oil infusions. But, there are many other ways and methods to preserve herbs and make them easy to grab and use from your apothecary.

Day Seventeen: Implementation

Check your supplies and the monthly supply list to make sure you have what you need for the next few days of recipes.



Day Eighteen:

Therapy Bag

This therapy bag can be used hot or cold. To heat pop it in the microwave for just 90 seconds. To make a cold pack put it in the freezer for an hour.

Yield: 1

What you'll need:

- 1/4 of a fat quarter (or a piece of firm cotton 9 x 11 inches)
- 1 1/2 cups of whole flax seed, rice, buckwheat, or other whole grain. (don't use popcorn, though, ah hmmm.)
- 2 tablespoons dried bee balm
- 2 tablespoons dried lavender
- 2 tablespoons dried peppermint
- 3 drops lavender essential oil (optional)
- 3 drops peppermint essential oil (optional)
- Thread that matches OR contrasts to you fabric

Equipment:

- Sewing machine
- Iron
- Hand sewing needle

Directions:

Fold the fabric in half, right sides together, to make a 4 1/2 inch by 11 inch rectangle. Pin and sew the fabric along the long edge and one of the short edges.

Turn bag right side out. Press the seam edges.

Using your sewing machine seam guide as a guide, sew two straight seams on the right side of the bag, 1 1/2 inches from the each edge, along the long side, to within a half inch of the unsewn

short edge. Leave this unsewn. This will create 3 channels in the bag.

In a small bowl add 1 1/2 cups of rice, flax seed, buckwheat, or other grain with the dried herbs and the optional essential oils. I like using flax seed because the oil in the flax seed seems to retain heat longer than the moisture in rice or buckwheat.

Using a funnel or an empty toilet paper roll, placed in each channel you've sewed into the bag, fill each channel in the bag firmly with the herbs and grain mixture. Leave 1/2 inch at the top of the bag empty. Use the handle of a wooden spoon to firmly pack the filling into each channel.

Fold over the top of the bag 1/4 inch twice to make a firm and secure closure. Pin the seam into place. Hand sew this seam using a whip stitch. Done.

For a hot pack:

Microwave for 90 seconds.

For a cold pack:

Place in the freezer for 1 to 2 hours.

Directions



Day Nineteen

Chest rub

*Taking advantage of the respiratory and antibacterial benefits of *Monarda* spp. This recipe uses an infused oil with bee balm, rosemary, and peppermint. Essential oils increase the benefits.*

Yield: 2 ounces

- 2 tablespoons coconut oil
 - 2 tablespoons olive oil
 - 2 peppermint tea bags or peppermint leaves
 - 2 rosemary sprigs, fresh
 - 2 stalks of beebalm (leaves and flowers)
 - 1 tablespoon beeswax
 - 5 drops peppermint essential oil
 - 5 drops rosemary essential oil
 - 5 drops lavender essential oil
 - 5 drops pine essential oil
1. To infuse the herbs in oil, place the herbs in a cloth bag or paper tea bag. Put the liquid oil and coconut oil in a glass cup inside a small sauce pan.
 2. Simmer the herbs in the oil for 30 minutes, keeping the temperature of the oil just at or below the simmering point. Turn off the heat. Allow the oil to cool to room temperature.
 3. Strain out the herbs. Squeeze the tea bag to remove the last of the oil from the herbs.
 4. Return the oil to the simmer. Add the beeswax. Simmer on low until the beeswax is fully melted. Remove from the heat.
 5. Stir in any essential oils, if you are using them. Continue stirring until the mixture begins to thicken. Pour into a tin or jar. Label with the contents. Date the jar.

Use like Vicks™ for chest congestion. Omit essential oils for children under 5, use 1-2 drops of each essential oil for children 4-10.



Day Twenty:

Decongestant Steam Tea

Bee balm, peppermint, lemon balm teas are made by blending herbs, often in equal parts. Look at how much of a dried herb you have on hand to help determine the amount to use. If you only have $\frac{1}{4}$ cup of peppermint, and more of the other two, do parts based off of $\frac{1}{4}$ cup. If you have plenty of all herbs, use a full cup as a single part.

- 1 part dried bee balm leaves and flowers
- 1 part dried peppermint leaves
- 1 part dried lemon balm leaves

Using a large, dry, glass container blend the three herbs together.

Place by tablespoons in sealable tea-bags, seal, and store in a glass jar.

Alternatively, store as loose tea in a jar.

To use:

Pour just boiled water into a glass bowl, and add one tablespoon of tea mixture (loose or in a tea bag). Steep covered for 10 minutes. When it has cooled enough that the steam is no longer dangerously hot, place head over bowl. Cover head with a towel and breathe the aromatic vapours to clear sinuses and remove head congestion.

Day Twenty One:

Sunburn salve

The tannins in green tea and the skin soothing benefits of lavender and bee balm make this sunburn salve effective. Use cold green tea or aloe vera gel to remove the burn from the sunburn before using this salve.

Yield: 2 ounces

- 4 tablespoon olive oil
- 1 tablespoon bee balm, dried
- 1 tablespoon lavender flowers, dried
- 1 green tea bag
- 2 teaspoons beeswax (approx. 8 grams)

Make a double boiler using a glass measuring cup.

To infuse the herbs in oil, place the herbs in a cloth bag or paper tea bag. Put the olive oil in a glass cup inside a small sauce pan.

Simmer the herbs in the oil for 30 minutes, keeping the temperature of the oil just at or below the simmering point. Turn off the heat. Allow the oil to cool to room temperature.

Strain out the herbs. Squeeze the tea bag to remove the last of the oil from the herbs.

Return the oil to the simmer. Add the beeswax. Simmer on low until the beeswax is fully melted. Remove from the heat.

Stir in any essential oils, if you are using them. Continue stirring until the mixture begins to thicken. Pour into a tin or jar. Label with the contents. Date the jar.

To use: Remove the sting and redness of a sunburn using cold green tea. Once the heat is gone soothe the sunburn by applying this salve to keep skin soft and soothed.



Day Twenty Two:

Using the provided space create your own herbal tea blend, salve, or other apothecary use of bee balm.

Can you combine apothecary and culinary use, and use food as medicine?

Your Apothecary Recipe:

Ingredients:

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Directions

Day Twenty Three: Implementation

Review the *Materia Medica* and the recipes from the previous few days.

If making the tincture, make sure to give it a shake today.





Digging Deeper:

You have the basics of understanding the kitchen and apothecary uses of bee balm. The goal of the next few days is to gain a deeper and more nuanced understanding of the plant and how it has been used and studied.

For this, you will need to go use Google Scholar, which you can access by going to www.scholar.google.com

Day Twenty Seven:

Today, search for *Monarda didyma*, *Monarda fistulosa* or bee-balm in Google Scholar, and write down the names of three to five additional studies about this plant.

Hint: Look for “PDF” in the right margin in the search engine. This will allow you to download the full study.

Time: 15 minutes

My Studies:

1. _____
2. _____
3. _____
4. _____
5. _____

As you scan a few of these articles what other ideas do you have about way that bee balm might be helpful in your herbal apothecary? Do the scientific studies give you an idea of the best form of the herb to use and how to prepare it? For instance, was the study done using an “aqueous solution” of the leaves (aka: tea) or an ethanol extraction (aka: tincture)?



Ending Thoughts:

You have added bee balm, *Monarda fistulosa* or *Monarda didyma*, to your list of herbal allies.

What 3 things stood out for you this month as you looked deeply into *Monarda* and got to know this herb better?

1. _____

2. _____

3. _____

About the DIY Herb of the Month Club

The [DIY Herb of the Month Club](#) is for herbalists at any level and of any skill set. We focus on one plant each month to give you the opportunity to get to know this plant completely. The focus is hands on involvement with the herb, and a growing confidence built on knowledge.



Whether you are a beginning herbalist, or an experienced herbalist wanting to refresh your memory and skills, there are things to learn and do.

The month is split into thirty days, with just one assignment each day to help you familiarize yourself with the herb. The assignment will take you about 10 to 15 minutes. There are implementation days along the way so no one falls behind. Each day does build upon previous days to help you build confidence in your new herbal ally.

We include opportunities to study and research more on the herb, once you feel familiar with it. As you work through the monthly guide you also find recipes to help you use each monthly herb both in the kitchen and in the apothecary. Don't think of it as an exhaustive guide though. Use this as the jumping off point for a life-long relationship with your herbal allies.

About the DIY Herbal Fellowship



[The DIY Herbal Fellowship](#) is our next level, masterclass-based herbal community. This level requires a higher time commitment, with a focus on one herbal topic per month.

Each month we take a deep dive into the Masterclass topic with video training sessions, a Q & A session, and a monthly supplemental workbook.

When you are ready to level up and expand your knowledge of herbs, join us in the **DIY Herbal Fellowship** where you'll dig deeper into important areas of herbal study. Hands on study in the DIY Herbal Fellowship will help you gain confidence in using your herbal allies in a deeper way, for health.



ABOUT THE AUTHOR

Chris helps natural moms create a homegrown lifestyle so they can shift away from the corporate health paradigm and create health and wellness for their families naturally. She is a teacher, author, gardener, and herbalist with 35+ years' of growing herbs and formulating herbal remedies, skin care products, soaps, and candles.

Chris is the founder of the DIY Herbal Fellowship, the Herb of the Month Club, the Joybilee Farm blog, and an instructor at Joybilee Academy. Chris believes in giving her readers a quick win because each quick win builds confidence and empowers intuition for self-reliance and natural health.

Chris is the author of the *The Beginner's Book of Essential Oils, Learning to Use Your First 10 Essential Oils with Confidence* (2015) and *Homegrown Healing, from Seed to Apothecary* (2016), and *The Beeswax Workshop, How to Make Your Own Natural Candles, Cosmetics, Cleaners, Soaps, Healing Balms and More* (2017)

Left blank intentionally